

# Hawaii Marine

MCAS Kaneohe Bay, Hawaii

March 27, 1986

## Augmentation to regular commissions is competitive, highly selective

Washington, D.C. — Commissioning programs in today's Marine Corps are highly selective and the competition for augmentation to be a regular officer is becoming more keen.

In recent years, there has been a major increase in the number of top quality regular officers who are making the Marine Corps a career. This high retention rate is a positive factor for the stability of the officer corps, but has created fewer slots for reserve company grade officers who seek a regular commission.

Last November, 699 reserve officers applied for a regular commission, but because of limited vacancies only 199 were selected; this totals to the selection of 24 percent of all eligible officers who applied for augmentation on the last three Officer Retention Boards.

Regular officer year group requirements are filled through augmentation of

outstanding reserve officers and the procurement of regular officers from service academies, NROTC scholarships and distinguished graduates from NROTC non-funded colleges.

There are three augmentation programs:

**General augmentation** — This is the primary augmentation program within the Marine Corps, which allows applicants to compete for available vacancies within their various year group categories.

**Meritorious augmentation program** — Commanders can nominate highly qualified reserve officers without regard to year group or category.

**The Basic School augmentation program** — One percent of reserve officers who graduate in the top five percent of their class can be nominated by the Commanding General, Marine Corps Development

and Education Command, Quantico, Va., for a regular commission.

Reserve company grade officers can apply for the general augmentation program if their year group, which includes all officers commissioned in a given 12-month period, is open. All augmentation programs are covered under MCO 1001.45D.

An A1MAR is published twice a year to notify reserve officers of open year groups and specific categories — ground, fixed-wing and helicopter pilots, Naval Flight Officers and judge advocates.

To be considered for augmentation, a reserve officer can apply after 12 months of observed operational fitness reports. If not selected, he or she may resubmit a request for augmentation to the next ORB. If an applicant is not selected, but he is determined by the ORB to be potentially suitable for augmentation, active duty can be extended to allow more time for improvement of evaluated performance.

Competition for general augmentation quotas is on a "best qualified basis" within year groups and categories. Factors considered by the ORB, which meets twice a year, are the individual performance and potential indicated in fitness reports, command endorsements, awards, educational background and TBS standing.

To further understand the augmentation program, several governing factors must be examined:

First, the intent of Congress is for each service to develop an all-regular career force by the 10th to 11th year of commissioned service.

Second, the law limits the number of field grade officers the Marine Corps can have on regular active duty.

Third, established Congressional guidelines state that the flow point or the timeframe for promotion to major is 10 years, plus or minus one, of commissioned service. This factor has the greatest influence on augmentation.

Fourth, the projected number of regular officers who will remain on active duty affects the number of available openings; and

Finally, to ensure that each category is allocated a fair number of augmentation spaces within a year group, an opening must be filled by an officer from that year group category.

"Augmentation remains one of the most difficult personnel issues I have wrestled with since becoming Commandant and there are no simple answers," said Gen. P.X. Kelley, in a recent letter sent to commanders. "I am reviewing every possible means to improve augmentation opportunity."

Among the steps the Commandant has taken to improve the situation is to make available about 100 additional vacancies in each year group by reducing the total number of distinguished TBS graduate augmentation

See OFFICER/A-7

## April is Month of the Military Child

Washington, D.C. — Children of military families are important people. For the fourth consecutive year, Secretary of Defense Caspar W. Weinberger has issued a proclamation declaring April as the "Month of the Military Child."

The proclamation calls for commands and military communities to focus on programs that improve the quality of life for children of military families.

The program's origins are tied to the National Association for the Education of Young People, a nonprofit organization that declared the first week of April as the "Week of the Young Child" in 1983. Each year, the group continues to call the public's attention to the special needs and issues related to young children and to stress society's responsibility in caring for them.

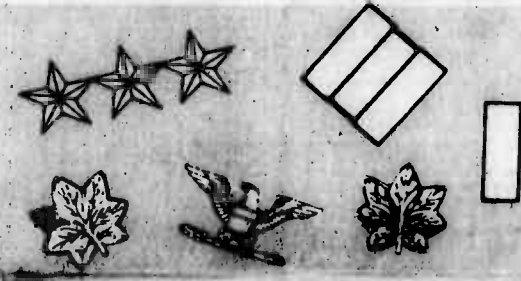
The DoD program has been expanded to a month-

long observance to enable local commands to better develop activities that would benefit children of all ages living around the world as part of the defense community.

"The Marine Corps' participation in the "Month of the Military Child" will take many forms, according to Sandra B. Evans, Child Care Center coordinator at HQMC. "The celebration," she said, "focuses on the importance of offering quality services and activities which contribute to all aspects of children's lives."

Among the activities suggested are fun days, carnivals, community projects, talent shows, open houses and sales at exchanges.

Marines and their families should contact the Family Service Center and Child Care Centers to find out what events have been planned to celebrate "Month of the Military Child."



## News in Brief

### Navy News on the air

"Navy News This Week," a new weekly half-hour newscast about sailors and Marines, will be aired on Sundays on KSHO-TV26 beginning April 13 at 9:30 a.m.

Produced by the Navy Broadcasting Service in Washington, D.C., "Navy

News This Week" is a news production which highlights events of worldwide interest.

It also has features and personalities, news from the Fleet, and coverage of the people and policies that affect naval personnel, their careers and families.

### Inscription for grave markers

Veterans who served in the U.S. Army Air Corps or the Army Air Forces can now have reference to that service inscribed on their Veterans Administration-provided gravemarkers without charge.

elements were allowed only as additional items on a VA headstone or marker at private expense. The new policy applies to future requests only and is not retroactive to existing markers.

Veterans who served in the Women's Auxiliary Corps or the Public Health Service will also be able to have their designations inscribed without charge as well under the new VA rules.

Until now, inscriptions indicating service in those

In the past, veterans who served in the Army Air Corps or the Army Air Forces were identified as having served in the U.S. Army. The U.S. Air Force was not established as a separate service until 1947.

More information can be obtained by calling your local VA office.

### Stamp Expo to be held

What do \$300 million worth of rare stamps look like? Service members and their families can find out, for charge, at AMERIPEX '86, an international stamp exhibition to be held May 22-June 1, at the O'Hare Convention Center, near Chicago's O'Hare Airport.

Whether or not you are in uniform, the \$2.50 per person, per day, entry fee will be waived for you and your dependents when you show your ID card.

The exhibition will feature 4,000 frames of unusual and rare postal items from 119 countries. Special events will

be scheduled each day, including issuance of first day covers, seminars, lectures and social events.

To commemorate AMERIPEX '86, the United States is issuing a special souvenir sheet of 35 new stamps, each containing a portrait of a U.S. president up to and including Lyndon B. Johnson. Presidents Nixon, Ford, Carter and Reagan are not included since living persons may not, by law, be portrayed on U.S. stamps.

For information write: AMERIPEX '86, 5944 West Montrose Ave., Chicago, IL 60634; or call (312) 685-9700.

## VA continues home loan program

### Total commitments limited to \$11.5 billion

The Veterans Administration has announced it will continue to operate its home loan guarantee program without restrictions until it reaches the current \$11.5 billion loan commitment limit mandated by 1986 deficit control measures — the Gramm-Rudman-Hollings Act.

Veteran Administration officials expect this limit to be reached April 1; however, acting VA Administrator Everett Alvarez Jr. said he was aware of several proposals in Congress to raise the loan commitment limit and permit the program to operate without interruption until the end of the current fiscal year on Sept. 30.

"The VA fully supports a legislative remedy to this problem," Alvarez said, "providing the Congress will also allow the VA to implement a 2 percent loan funding fee asked for in its

fiscal 1987 budget, allowing the VA to meet its future deficit reduction goals."

The Office of Management and Budget has endorsed the VA's position.

In announcing continuation of an unrestricted loan program, VA withdrew plans to impose certain loan limitations that were scheduled to go into effect on March 1. These included

denying requests for refinancing, for restored or partial guarantee entitlement, as well as setting a \$90,000 limit on loans.

"We abandoned these temporary measures," VA loan guarantee Director Robert M. O'Toole said, "once it became apparent they would not have prevented us from exceeding our ceiling."



## Design for new POW medal sought

Members of all services and some 20 veterans groups have been asked to help design a new military medal recognizing prisoners of war.

The award will rank in precedence, in the language of the law, "before any other service medal, campaign medal, or service ribbon authorized to be displayed..."

It will be retroactive and will be awarded to former POWs still on active duty or who served since April 6, 1917, and received an honorable discharge. It also will be available to the legal heirs of deceased POWs who

have served in the armed forces since World War I.

The number of former POWs eligible to receive the medal is not known. However, one defense official estimated that there could be as many as 150,000.

The idea of a medal for former POWs was approved by Congress as part of the 1986 Defense Authorization Bill. However, it could take up to two years before the medal itself reaches the military supply system.

The U.S. Army Institute of Heraldry has invited each service, the Veterans

Administration and all congressionally recognized veterans groups to contribute ideas for the medal's design, according to Col. Gerald T. Luchino, institute director. A special board is expected to convene this summer to select one design.

As with all military awards and decorations adopted since 1918, the selected design will be submitted to the U.S. Commission of Fine Arts for comment.

"This medal will be a recognition by the people of the United States that the individual forfeited his freedom in the cause of

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freedom," said Sen. William W. Roth Jr., who introduced legislation establishing the award.

"Few members of our armed forces have suffered as greatly, both physically and mentally, as those who have been taken prisoner by the enemy in time of war.

"The prisoner of war medal, like other military badges, will identify the wearer as having given special service to his country," said Roth.

By Donna Bollinger  
American Forces  
Information Service

More than a military alliance

# NATO celebrates 37 years of cooperation

"For Belgium: Paul-Henri Spaak."  
"For Canada: Lester B. Pearson."

"For France: Robert Schuman..." and finally,

"For the United States of America: Dean G. Acheson."

One by one, representatives of 12 governments who had gathered in Washington, D.C., on April 4, 1949, signed a document, establishing the North Atlantic Treaty Organization.

This historic document, in which the United States pledged to join with 11 other countries for their common defense, formally ended a century and a half of American isolationism.

It was not a commitment taken lightly by the United States — a nation whose founding fathers took considerable pains to avoid close ties with Europe, whose primary interests, they said, had little or no relation to those of America.

During the 37 years since its creation, the alliance — now with 16 members — has

overcome many of the problems that can occur when different governments attempt to work together. Among the most recent was the refusal of NATO to support the U.S. call for an economic boycott of Libya.

In spite of these differences, NATO's success can best be measured by the fact that since its creation, not one inch of European soil has been lost to aggression.

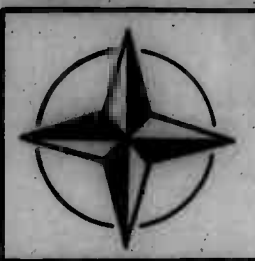
Admiral William J. Crowe Jr., chairman of the Joint Chiefs of Staff, calls NATO "the greatest peace movement the world has ever witnessed."

"It has offered the people of Europe and North America the longest sustained period of tranquility in this century," he said. "For four decades, through the wisdom of our statesmen and the readiness of our arms, Western Europe has avoided external aggression."

Yet NATO represents more than just a military alliance. It serves as a forum for discussing issues of political, scientific, economic and

cultural consideration, making it an unprecedented and successful experiment in international team work.

NATO represents nearly every aspect of international cooperation: Statesmen discussing



A Canadian professor lecturing to university students in Turkey;

European and American meteorologists studying Halley's Comet; and Allied soldiers facing the Berlin Wall.

illuminates the foundations of the alliance," she said.

"This pattern of cooperation and alliance among the nations of the Atlantic area will survive generational change because it is bound on more than nostalgia," she said.

"It will survive new important economic ties to the Pacific because it is bound together by more than shared economic interests. It will survive disappointments and misunderstandings because the leaders of the democracies understand, finally, that all our nations, and all their freedoms, depend finally, but immediately, on the civilization that sustains us all.

"There is no perfect alliance," she said. "There are not perfect friends, and as James Reston commented concerning the debate on NATO defense improvements: 'There is no perfect

security. There is only the struggle, with friends at our side doing the best we can."

Kirkpatrick concluded, "The American government and the people it serves have every intention of continuing that struggle, side-by-side with our European friends."

By Donna Bolinger, American Forces Information Service

world trade around a table in Brussels;

Sailors from Denmark, England, Germany, the Netherlands and other countries patrolling the Atlantic sea lanes together;

Italian jet fighters flown by Belgian pilots operating out of U.S. bases in Germany;

Five-thousand-plus miles of oil pipelines stretching across Europe;

## NATO actions show resolution

1978 — NATO created an airborne early warning force to provide air surveillance of NATO territory in Europe. The force consists of 18 E-3A (AWACS) aircraft, manned by mixed crews from 11 of NATO's 16 members. Also to be included are 11 British MK-3 Nimrod aircraft.

1979 — NATO agreed to deploy 575 intermediate-range nuclear weapons, both Pershing II and ground-launched cruise missiles, in the United Kingdom, Germany, The Netherlands, Italy and Belgium. Deployment

began in December 1983. 1980 — In direct response to the Soviet invasion of Afghanistan, NATO agreed to improve its defense capabilities.

1982 — NATO issued a communique condemning martial law in Poland. The communique further banned all non-food credits to Poland, suspended high-level contacts with the Jaruzelski government, and froze all considerations of rescheduling Polish debts to the West.

1983 — After the Polish government declared an

end to martial law, all NATO governments ended the restriction on considering Polish debt rescheduling.

1984 — NATO agreed to a plan to increase its funding to an unprecedented level of about \$8.5 billion during the six-year period from 1985 through 1990.

1985 — NATO agreed to a general plan to correct nine identified areas of deficiency with the alliance. The plan is expected to improve conventional defenses and provide for more effective burden-sharing by members of the alliance.

## Giving terrorists a free ride

By Cpl. Stephen Frank

When the MPs on the night shift received the call to investigate a suspicious person near the flight line, they expected to find another fisherman who had wandered down off the Fuel Pier near the Marina in search of a strike; something that happens quite often.

But what they found were two men prowling around the hangars, carrying cameras, flashlights and various tools in ditty bags, with no explanation as to why they were there.

What's more, they weren't Marines and couldn't provide an explanation as to how they got on the Air Station.

After prolonged questioning, the two men finally revealed that they had gotten on the Station when a young Marine had picked them up hitchhiking and brought them aboard.

Their intention had been to break into one of the hangars and photograph whatever important equipment they could find laying around, and possibly steal some of it."

This didn't really happen; at least not yet. Several unsponsored people have been found on the Air Station recently, making an occurrence such as this possible.

Most of those civilians got aboard with the help of unsuspecting Marines, who, trying to be helpful, have

picked them up hitchhiking and brought them aboard without making any effort to identify them.

According to Air Station Order P5500.6B, any hitchhikers brought on the Station are the responsibility of the driver, and must be identified to the gate sentry before coming aboard so that their identity and sponsorship can be confirmed.

In an era when the threat of terrorism is not an impossibility, it becomes increasingly more vital to maintain the security of our military installations.

Maintaining that security is the job of everyone who works here, and being wary of who is brought aboard is just one step in that direction.

### Hawaii Marine

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# Renovated barracks improve morale

## 5-phase, Corps-wide project underway

By Sgt. Leah Gonzalez.

Newly remodeled barracks were ready to be moved into when 3/3 returned from a six month deployment to Okinawa.

"We are now in Phase II of the renovations program which includes seven buildings on the Air Station," said GySgt. Richard Bates, 1st MAB's facilities chief.

The Commandant authorized barracks renovations Marine Corps-wide to provide better living conditions and increase morale.

Construction for Phase I was a new MAG-24 barracks, while Phase III will renovate barracks 1094, 1096, and continue with 3rd Marines. Phase IV in FY90, will upgrade the barracks for H&SCo., 1st MAB, and the NCO School, along with barracks 1095, while 3rd Marines' barracks will continue to get renovated. In FY91, Phase V will begin, which will complete renovations of all 3rd Marines, BSSG-1 and MAG-24 barracks.

"The buildings house 99 Marines, which is less than

squadbays, but the morale aspect will be great," said Bates. "There is more privacy and better security."

Marines from 3/3 moved into bldg. 1050, and 1st Radio Bn., moved into bldg. 1051. Buildings 1049 and 1053 will be next.

"Local contractors were hired to do the renovations with funding provided by Headquarters Marine Corps. Cost of this project is \$5.7 million for all seven buildings," said Bates.

The buildings, which used to have open squadbays, were



Sgt. Leah Gonzalez photo.

This is one of the new rooms that 1/3's Marines are now using as home.

upgraded by making individual rooms, installing bathrooms, central air conditioning, new carpets and furniture, better lighting and now windows in each room. A laundry and recreation rooms were included in the common areas.

## Debtors get warning from VA

The Veterans Administration is sending thousands of letters to delinquent debtors informing them that, unless efforts are made to pay overdue debts, their federal income tax refund may be reduced or denied.

"Unless you take action to liquidate this debt, we intend to refer the debt to the IRS for collection." Any federal income tax refund to which you may be entitled may be offset in full or partial satisfaction of this indebtedness," the letter states.

The letter also provides a nationwide toll-free telephone number, 1-800-626-2912, for making arrangements to repay the debt.

Individuals have 60 days from the date of the letter to clear up any outstanding debts or make suitable payment arrangements before their name is referred to the IRS.

The refund offsets were authorized by the Deficit Reduction Act of 1984.

## Local Red Cross seeks volunteers

Volunteer levels for the Red Cross here have dwindled in the last few years from 125 to eight. With the upcoming opening of the new Branch Medical Clinic, volunteers are badly needed in many different areas.

The types of jobs available

are assisting in the records room, adult obstetrics and pediatric clinics. Volunteers are also needed at the library and at Mokapu School.

"All volunteers will get as much assistance as possible in getting the positions and hours they want, and free babysitting is also available," said Helena King, Red Cross chairwoman.

For more information on becoming a volunteer, call Helena King at 254-2115, or the Red Cross at 257-2606.



Sgt. Leah Gonzalez photo.

Members of the Red Cross visited the Air Station Branch Medical Clinic recently. Members were (from left to right), Helen King, Station chairwoman of volunteers; Eileen McCool, director of the Office of Volunteers; Clair Engle, State chairwoman of volunteers; and Lili High, Station Red Cross manager. Red Cross volunteer levels and methods of recruiting more volunteers were the main topics of discussion during the tour.

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K-Bay Lanes Bowling Center has 24 lanes with Brunswick pinsetters. There is a pro shop, snack bar, video game room and vending machines. Call 257-3375 for information.

## Maintenance work closes

## Dental Clinic

Due to needed maintenance on the power supply for the Dental Clinic, here, there will be no routine treatment for active duty personnel on April 4, from 7 a.m., through 4 p.m. Patients will be seen on an emergency basis only.

The clinic will offer treatment to family members as usual, starting at 4 p.m. Normal routine dental care for active duty personnel will resume on April 7 at 7:30 a.m.

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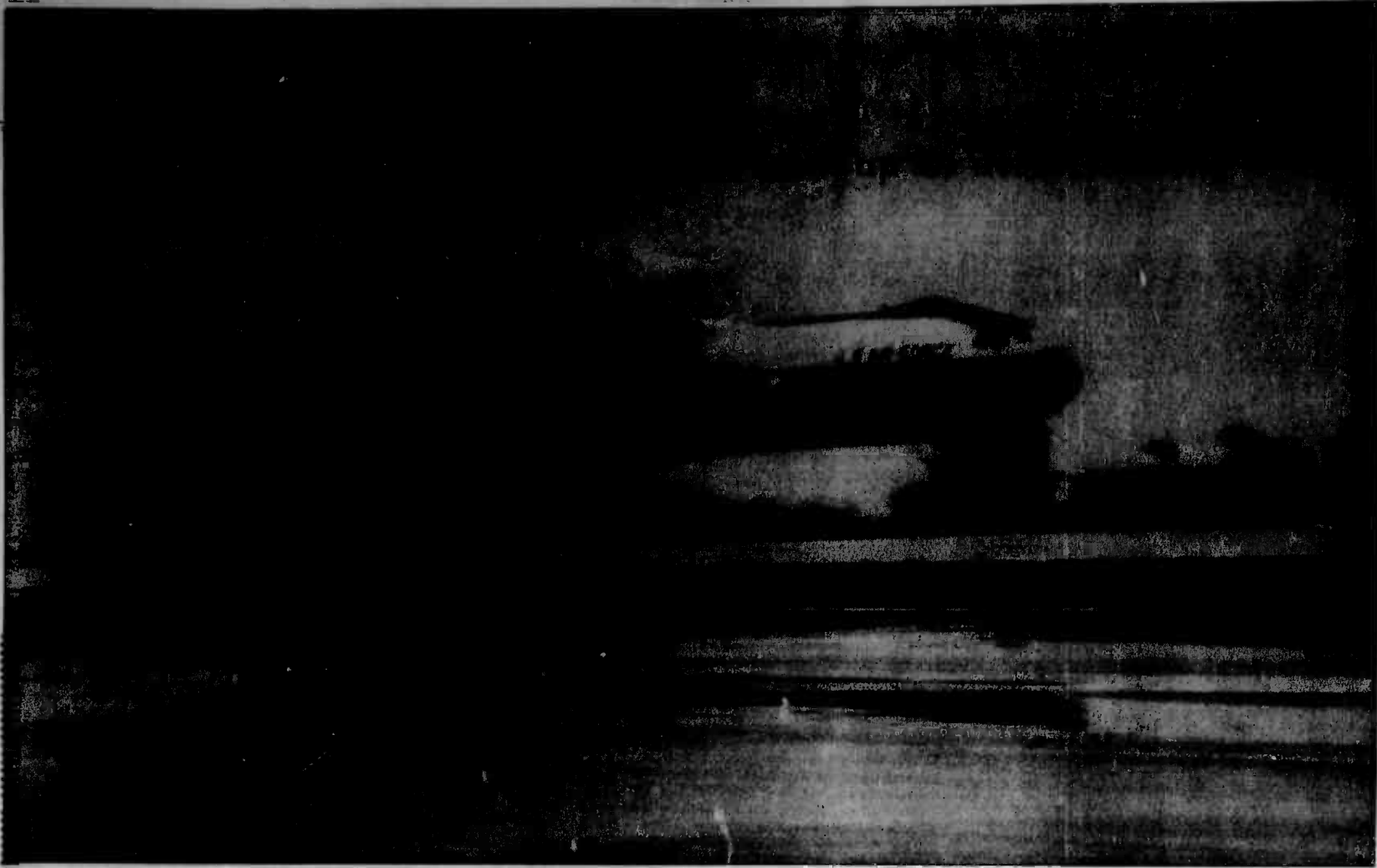
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An Air Force C-141 cargo plane lands at Kaneohe Bay, to pick up and transport Marines and equipment from VMFA-235 to Nellis AFB, Nev., for training there, and in California.

# Operation Desert Gambler

Story and photos  
by Cpl. Hugh Trask

A Marine fighter attack squadron here packed up its belongings and flew to the desert outside Las Vegas.

Although VMFA-235 left here March 15 for "Operation Desert Gambler," it isn't going to attack one-armed bandits or card tables — it will undergo electronic and counter-electronic warfare training at Nellis Air Force Base, Nev. After two weeks here, the "Death Angels" will conduct close-air-support training with the 1/3 at MCAS El Toro.

In preparation for training in Nevada and California,

nine F-4 Phantoms and four Air Force C-141 cargo planes were loaded with enlisted and officers, and the equipment needed to operate a headquarters element as well as ground and maintenance crews.

According to 1stLt. Robert Pistocchi, operations officer for VMFA-235, "Operation Green Flag," the two-week-long portion of Desert Gambler at Nellis, will train Marine pilots to combat one of the Soviet methods of defense.

"The Soviets are getting into the electronic jamming of missile systems, radio communications and radar," said Pistocchi. "That kind of jamming makes it difficult

for us to do our job and this training will give us practice flying in periods of heavy electronic jamming."

At Nellis, the squadron will also practice flying graduate level air-to-air sorties which are air-to-air fights without the intervention of ground-based anti-aircraft weapons.

The live ordnance training at El Toro will afford the squadron a rare chance to work with ground troops in a simulated combat situation.

"It's good for us," said Pistocchi, "to practice with ground troops. We learn the necessary liaison with them and it trains us in the accurate delivery of our weapons systems around our own ground forces."

During the squadron's training at El Toro, three more F-4s and their air crews will join the squadron after completing Weapons and Tactics Instruction at MCAS Yuma, Ariz.

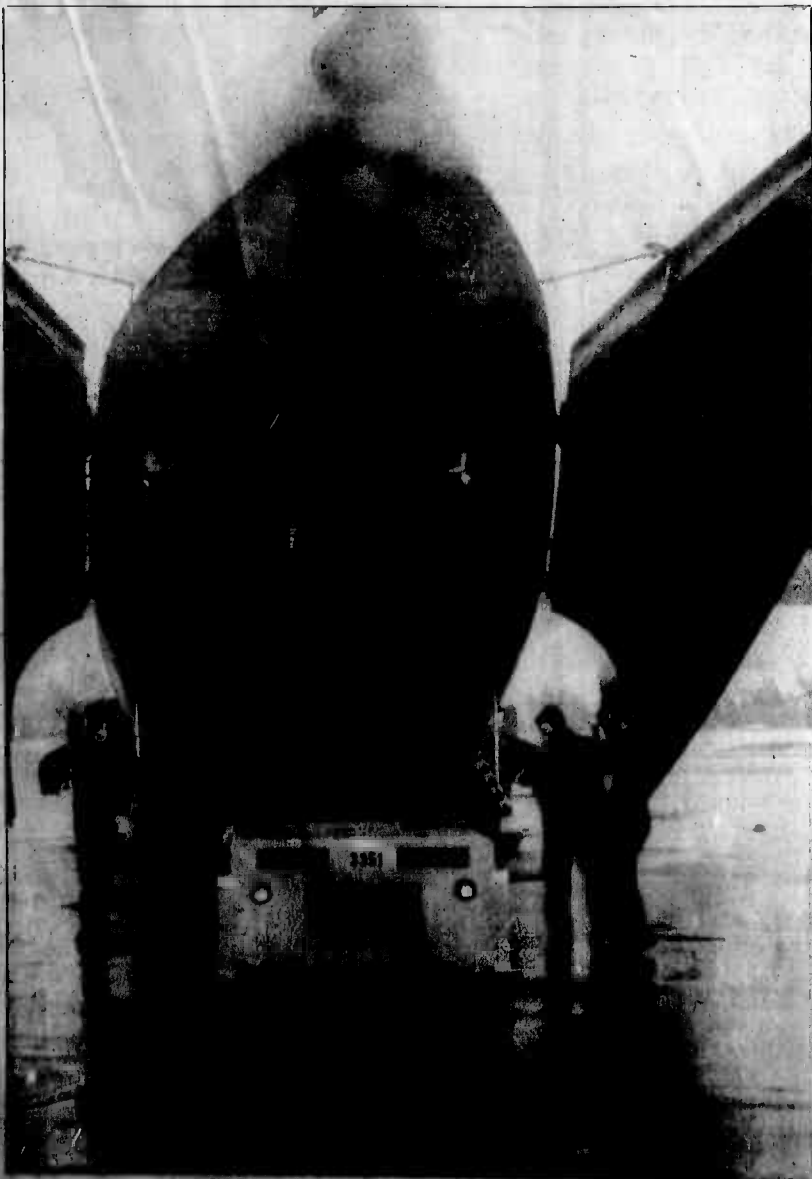
While the VMFA-235 pilots train in the air, the enlisted men will keep the squadron's regular routine running —

they'll be maintaining aircraft and performing normal administrative procedures.

After the six weeks of training, the Marines of VMFA-235 will again pack their gear and return here, bringing with them added confidence gained by specialized training received at Nellis.



Logistics clerk with VMFA-235 works on a pallet with the help of



Crew members of an Air Force C-141 cargo plane help VMFA-235's Marines load a hydraulic-power unit into the cargo bay of the aircraft.

# 37 years of outstanding service

## Navy dental technicians celebrate anniversary

April 2, 1948, marks an historic occasion for Navy dental technicians here and around the world as it was the first time they wore the dental rating on their sleeves.

Enlisted men and women of Kaneohe Bay's 21st Dental Company will celebrate this eventful date with a formal ball April 5 at the Pearl Harbor, CPO Club.

History tells that the earliest mention of Navy dental technicians was in a January 1921 article of the U.S. Naval Bulletin, which suggested using dental assistants to extend the services of dental officers.

The first dental technicians were actually hospital corpsmen who were thoroughly screened and trained at the

U.S. Naval Dental School in Bethesda, Md. Upon completion of school, the 10-member class was assigned to various shore commands and ships to serve as dental assistants and hygienists.

From that first small class, the number of trained corpsmen assigned throughout the Navy and Marine Corps grew to 563 by May 1941. Seven months later, however, their number doubled.

On Dec. 7, 1941, when the Japanese attacked Pearl Harbor, more than 1,000 dental technicians were on duty in Hawaii. Records show that dental technicians were sent out on rescue teams to various ships and areas, and that they performed in an outstanding manner.

Three years following the attack, the Bureau of Naval Personnel established the dental technicians, prosthetic branch, as part of the pharmacist's mate rating.

By August 1945, military manpower was at its peak because of World War II. By then, there were 10,000 dental, prosthetic and repair technicians in the Navy. Of that number, 1,200 were women.

The Army-Navy Medical Services Corps Act of 1947 authorized the creation of dental ratings separate from medical ratings. On April 2, 1948, the rating insignia was worn by all dental technicians. And in Korea, during November 1950, they wore their new rating into combat for the first time.

Dentalman Thomas A. Christenson Jr., won the Navy Cross (posthumously) during the Korean War for helping a stricken comrade while boldly exposed to intense enemy machine gun, grenade, and small-arms fire.

By the time the first dental unit had arrived in Vietnam in June 1965, the dental technician's field had made many advances.

Specialized schools were established to train dental technicians in the areas of prosthetic technicians dental repair, field medicine, medical administration property and accounting procedures, clinical laboratory chemistry and research.

In May 1972, dental technicians were finally

removed from the Hospital Corps' responsibility, and placed under the supervision of the Dental Corps.

It was the Surgeon General, Vice Admiral J. William Cox, who approved a very significant contingency policy for Naval dental technicians in June 1983. The policy read in part, "During combat or mass casualty emergency evolutions at sea or ashore, dental technicians shall, when directed, integrate with medical personnel and perform paramedical assignments. This shall include aid in the care, treatment and evacuation of mass casualties in combat or disaster."

In October of that year, those words came to life when

the Marine compound at the Beirut International Airport in Lebanon was bombed by terrorists. Dental technicians quickly responded to the disaster and their aggressive action ensured the best medical attention possible was given to the casualties.

Today, dental technicians number close to 3,500 and are still serving aboard ships, with shore commands, and with Marines in support and Fleet Marine Force units.

From their beginnings as dental assistants to becoming experts in the field of sophisticated dentistry, Naval dental technicians have come a long way in meeting the needs of sailors and Marines for the past 38 years.



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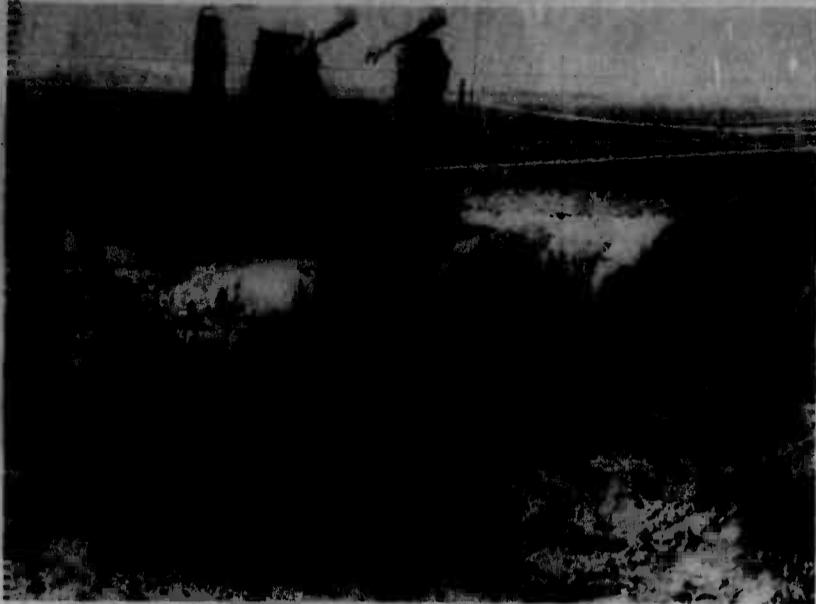
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# Around the Corps



Volkslaufers slog through a muddy portion of the course forced to crawl under the ropes.

## Volkslauf 1986

MCAS Tustin, Calif. — The 2,000 runners in the 6th Annual Volkslauf 10K race held Feb. 28 here were covered with so much mud that even a program wouldn't have helped to identify them. By the time they'd plambered out of the "Rambo Death Ditch," their brightly colored team shirts, as well as the bodies of those running shirtless, were all the same muddy brown. Navy SEAL teams took the top three places with team No. 2 logging to victory in 42 minutes and 33 seconds. "Orangewood children's home is the real winner of the Volkslauf," said Capt. Mark Shumaker, race organizer and plans officer for HMM-163. He presented Bill Steiner, home director, with a check for \$2,000. The Navy Relief Society will also receive a donation from the race proceeds. Runners came from as far away as Okinawa. The 333 teams, twice as many as last year, were unceremoniously nosed by the Tustin Crash, Fire and Rescue crew as the race began. After about a two-mile jaunt, runners slogged into the "River Romp," as Peters Canyon Wash was called. Scrambling up the bank, it was around a field, through the Rambo Death Ditch, across Moffett Road and into The Crawl. Twine strung across the muddy trench forced the competitors to belly-flop into the water. Some of the racers shared the

mud with the spectators lining the course.

"The course was faster than last year, but the mud trench was longer and more chewed up," said Ken Cowell, of the Newport Beach Police Department SWAT team. Cowell's team was the defending civilian champion, but had to settle for being the first law enforcement team to finish this year. "They brought in all these young kids this year," he said with a laugh. "Ringers."

Staying together was the strategy for a team of first lieutenants/pilots from HMT-301, which finished eighth overall, and the first Tustin team to finish. "We wanted to show the grunts we're just as tough as they are," said Lt. Drew Hofley. "When we're not flying over them, we're running past them."

Finishing 15th this year, down four places from last, was the "Fighting 13th MAU" from Camp Pendleton. "We're getting ready for a six-month deployment and wanted to show our detachments that a headquarters element has Marines who can prove their worth on the battlefield," said 1stLt. Sean Stafford.

First across the finish line was 1stLt. Steve Schmidt, HMM-163 logistics. "I've run a lot of road races, but this is the first time I've raced in boots," he said. His time of 39:31 broke the previous record by a minute.

Schmidt and Holly Hogan, a 17-year-old Canyon High School senior from Anaheim

Hills, were recipients of the MAG-16 Commanders' Cup for the fastest individual times. Hogan covered the course in 58:20.

The Mudhens from Camp Pendleton repeated as women's champions in 78:35. Last year's overall champs, MAG-39, placed fourth. The Old Mission Beach Barbarians were civilian winners in 48:30, followed by the Newport Beach Fire Department Hosers.

"We come for the competition, the teamwork, the feeling of accomplishment and most of all the camaraderie," said Stafford.

by Cpl. Jeri Van Duzen  
MCAS El Toro, PAO

## Agile Sword-86

Camp Lejeune, N.C. — Nearly 5,000 Marines and sailors from the 6th MAB participated in exercise Agile Sword-86 held at Eglin Air Force Base and Naval Air Station Pensacola, Fla., March 7-25.

Agile Sword-86 was the first exercise of a maritime prepositioned MAB to test and evaluate all phases of the operation. Highlights of the exercise included unloading the Military Sealift Command-chartered 2dLt. John P. Bobo, one of four ships from MPS Squadron-1, from an anchored position off shore.

The participants were flown to Eglin on Air Force C-SA Galaxies of the Military Airlift Command, which left from NAS, Norfolk, Va., and MCASs Cherry Point and Beaufort.

More than 900 vehicles and equipment were unloaded from the Bobo using LCM-8 landing craft, powered and unpowered causeways and a side-loadable warping tug.

The off-loaded equipment was conveyed from Pensacola to Eglin where the tanks, amphibious tracked vehicles, 155mm howitzers, jeeps, trucks and other combat equipment were used in a live-fire exercise.

The 6th MAB's ground combat element which participated in the exercise was Regimental Landing Team-6 composed of units from the 6th and 10th Marine Regiments and other elements of the 2d Marine Division.

The aviation combat element, MAG-26, headquartered at MCAS (H), New River, provided helicopters and OV-10 Bronco observation planes. The group was augmented by other 2d MAB units from Cherry Point and Beaufort, including F-4 Phantoms and A-6 Intruders;

air defense missiles; and command, control and communications systems.

Combat service support was provided by BSSG-6, composed from detachments of the 2d FSSG.

## Changes of command

Camp Lejeune, N.C. — Both the 6th Marine and 10th Marine Regiments here, recently held change of command ceremonies.

Colonel James E. Livingston assumed command of the 6th Marines, Feb. 7, from Col. William Keys.

Colonel James B. Way assumed command of the 10th Marines, Feb. 5, from Col. Christopher Catoe.



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spaces and filling them through general augmentation.

He has also created additional augmentation openings by gaining approval from Congress to increase the authorization for majors within the Marine Corps by 200. Unfortunately, this change will not open up senior year groups now closed because of the large number of regular officers in these groups.

"We cannot escape from the painful reality that we will continue to need a large

number of high quality reserve company grade officers to meet our total company grade requirements, and not all of them will have an opportunity for a career in the regular Marine Corps," said Gen. Kelley.

The Commandant pointed out that there is a critical need for the leadership and expertise of quality company grade officers in the Selected Marine Corps Reserve (SMCR), and encouraged active and inactive duty reserve officers to continue their military service by joining a reserve unit. The importance of communicating to officers not selected

that their ability and professionalism are not doubted was stressed by the Commandant.

General Kelley's greatest concern is that every reserve officer understands how the augmentation program works and realizes that not every reserve officer can augment.

"I know this is difficult to explain to a hard charging lieutenant or captain who wants to stay with us, but we are working hard in their behalf," Gen. Kelley indicated that such work will continue.

By Gidge Dady  
DevPA HQMC

**Health Promotion Program focuses on antismoking, nutrition, physical fitness**

Washington, D.C. — The Secretary of Defense put a Health Promotion and Education Program into effect March 11 that focuses on aggressive antismoking efforts, physical fitness, nutrition, alcohol and drug abuse, hypertension and stress management.

Caspar Weinberger's decision for the program came after he rejected a ban on cigarette sales in military commissaries and exchanges.

"At the end of a period of time reasonable to measure the effectiveness of our aggressive antismoking campaign in decreasing use of tobacco by the troops," he said. "I will review our progress and consider whether it would be appropriate to make changes in the present policies of tobacco sales in commissaries and post exchanges."

Under the program every service is required to develop and conduct public information campaigns on each of the health topics.

Highlights of the program include prohibiting smoking in auditoriums, conference and classrooms, buses, vans, elevators and in eating and common work areas where poor ventilation exists.

The program also states: Physical Fitness Workout Programs as part of normal work routines;

Dining Facilities are to list calorie information and provide meals that contain less fat, salt and calories;

Vending machines and snack concessions are to offer fresh fruit, juices and whole grain products as alternatives;

Hypertension screening is

to be part of medical and annual dental examinations; and

Smoking and nonsmoking preferences are to be considered when two or more people are assigned to one room in living quarters.

According to David Newhall, deputy Assistant Secretary of Defense for Health Affairs, "The Secretary wants people who are now smokers to quit, and wants to discourage people who are not smokers from becoming smokers. We will not force behavioral changes, but there will be extremely strong encouragement.

"For example," Newhall said, "we will provide at all installations either information as to where someone can go for a Quit Smoking Program or supply a program itself."

Beach cottages are located right on the beach and are ideal for vacation and relaxation. All are fully furnished with color TV, telephone and kitchen utensils. Call 257-2808 for information.

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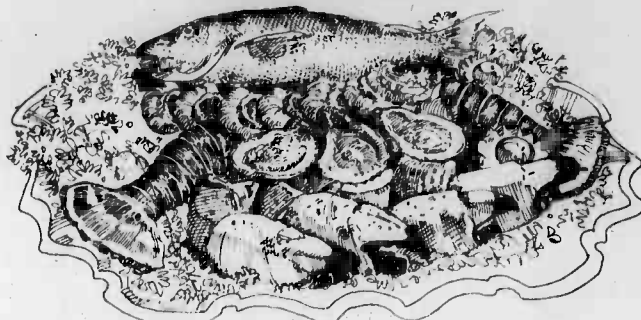
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Garden Lanai, Peacock Room and The Akala Room  
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**EASTER DINNER BUFFET**  
Peacock Room and Garden Lanai  
1st Sitting: 5 PM to 6 PM  
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Roast Prime Rib of Beef au jus, with Creamy Horseradish Sauce • Roast Tom Turkey with Giblet Gravy, Old Fashioned Stuffing and Cranberry Sauce • Baked Virginia Ham with Apricot Sauce • Crustacean Sauté with Garlic Butter • Petite Carrots • Scallop Potato Au Gratin • Fluffy White Rice • Traditional Holiday Salad Bar • Assorted Dessert Table  
\$15.50  
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Ahi Carte menus available at all meals.

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Reservations are requested • Phone 922-0020 or 922-1941

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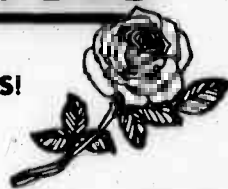
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# At a glance

## Children's Carnival to be held

The Child Care Facilities here will hold their Annual Children's Carnival, April 5, from 10 a.m. to 2 p.m. at the Child Care Center, bldg. 579.

The carnival celebrates the "Month of the Military Child" and offers games, activities and food for children and their families.

One free door prize chance will be included with each purchase of \$1 worth of scrip bought before April 5.

Scrip is 5 for \$1 before the day of the carnival, and can now be purchased at Kulu O'Kamalii Child Care Center, Na Keiki Drop In Center and Menehune Rainbow Preschool.

Games and activities for young children will include a trike way, lollipop tree, face painting, ring toss, feed the elephant and spin art. Most games and activities cost one or two scrip each. Food and drinks will be available. Call 257-2608 for information.

## Command recruiters

The 9th Marine Corps District, which covers Indiana, Iowa, Wisconsin, North Dakota, Missouri, Minnesota, Illinois and Ohio, is looking for a few good Marines to assist in its recruiting efforts.

Eligible Marines could spend up to 30 days on permissive TAD in or near their home town as a command recruiter.

For more information, call Capt. T.R. Boyle at (913) 236-3303 or AUTOVON 465-3303; or write for details on the Permissive TAD Program for command recruiters; Headquarters, 9th Marine Corps District, Attn: Capt. T.R. Boyle, 10000 W. 75th St., Shawnee Mission, KS 66204-2265.

## Child Abuse workshop

The Pearl Harbor Family Service Center will sponsor a workshop on April 15 entitled "Learn the Facts - About Child Abuse" in the Family Service Center Classroom, bldg. 193 from 9 to 11 a.m. To register, call 474-1256.

## Admin vacancies

Vacancies at various Marine Corps commands are available for Marines with primary MOSs 0121, 0131 and 0151. City and states available include:

New York, San Francisco, Arizona and New Orleans for 0121s.

Tennessee, Michigan, Indiana, San Francisco, Virginia and New Orleans for 0131s. Florida, Maryland, Puerto Rico, Alabama, California, Michigan, New Jersey, Utah,

Oklahoma, Tennessee, Texas, Virginia, Washington state, North Carolina, New York, Cuba and Hawaii for 0151s.

For more information, contact your unit career planner.

## Health classes

Public Health classes are available by request from the Preventive Medicine Service, here on the following subjects: sexually transmitted diseases, malaria, hearing conservation, tuberculosis, environmental health, AIDS, rodent and insect control and food service sanitation.

Requests can be made by calling 257-2363.

## Women's Awareness Program

The YMCA Women's

Awareness Program calendar for April includes the following events:

**Stenciling** - April 2 from 9-11 a.m. A demonstration of home decorating ideas using stenciling patterns on cloth, wood and walls. The cost is \$2.

**Color Analysis** - April 9 from 9-11 a.m. A free demonstration of how to make colors make you look better.

**Arizona Memorial** - April 16 from 8 a.m.-2 p.m. The tour of the memorial includes a movie, walk through of the museum and a boat ride. Childcare is \$3 and the tour is \$1. Bring a sack lunch.

**Soap Baskets** - April 23 from 9-11 a.m. Learn how to decorate a bar of soap with ribbon and flowers. Bring scented large soap bar, 100

straight pins, eight yards of one-half inch ribbon and small dried or artificial flowers. Cost of the class is 60 cents.

**Haku Flower Headbands** - April 30 from 9-11 a.m. Learn how to make Hawaiian head leis using real flowers and greenery. Cost is \$1.

For more information and to make reservations for childcare, call 254-4719 or 254-4965.

## Kindergarten preregistration

Kindergarten preregistration for the upcoming school year will be held March 31 to April 11 from 8:30 a.m. to 2:30 p.m., at Mokapu Elementary school.

Parents need to bring a birth certificate, proof of a

negative Tine Test and a complete physical immunization form. Students must be five years old by Dec. 31. All applicants must live on the Air Station.

For more information, call 254-1348.

## OWC holds fashion show

The Air Station's Officers Wives' Club will hold a

fashion show and brunch April 8.

Social hour begins at 10 a.m., the fashion show at 10:30 and brunch is at 11. Along with fashions, hair styles and using make up will be also featured.

For reservations, call Cathy Marquardt at 254-2792 or write her at 1934-A McLennan Dr., Kailua, HI 96734. Deadline is April 1.

### Spring Classes

begin April 3

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## MCAS Kaneohe Bay ~Enlisted Club~ 257-2873/2657

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Comedy "The Reycards" 10 April 86 \$6.00 Each OR \$10.00 Couple Includes Dinner, Dancing, & The Show Doors Open At 7:30 Show 10:30 Dinner Begins At 8:00 PM	Comedy	All New 1 "Smorgasbord" Chefs' Choice Includes Soup & Salad Bar	2 The Dining Room Is Open Nightly 5-9 PM Featuring Our New Menu	3 Free Roses 4 For The Ladies Every Friday Night	5 Rock N' Roll	12 Rock N' Roll Every Saturday Night
6 ~NEW~ SUNDAY BRUNCH 10:30-1:00 PM	7 C & W Is Back On Monday Nights	8 Only \$6.95 5-9 PM Every Tuesday All You Can Eat!	9 10 Breezy Inn Nightly Menu	11 12 Rock N' Roll Band & Top 40 Disco 8-1 AM	13 14 Friday Night 25 Sea Food Buffet All You Can Eat 5-9 PM	15 16 Every Monday, Wednesday, & Thursday 5-9 PM
17 18 Every Sunday Night Is Soul Night With J-Rock 8-1 AM No Cover Charge	19 20 BOSSSES NIGHT Live Entertainment & Pupus	21 22 D.J. Nightly In The Moongate Lounge	23 24 Secretaries Day 24 Lunch Special 7 oz Top (Steak) Soup & Salad Bar \$4.25	25 26 Live Entertainment 7 Nights A Week At No Cover Charge	27 28 Bring Your Secretary To The E-Club For Lunch	29 30 Enlisted Club Advisory Board Meeting 1:30 PM

## MCAS Kaneohe Bay ~SNCO Club~ 257-2945/2592

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 ~BANDS~ 4th Obsession 11th Midpoint 18th Fresh	7 Check your SNCO club calendar daily for 1 the last four digits of your SNCO club card. If your number appears, you will receive one free meal on that day only!	8 SNCO ADVISORY BOARD MEETING 3:00 PM	9 10 MONGOLIAN BBQ .35 oz Every Thursday In The Ballroom 5-8 PM	11 12 BEEFEATERS' BUFFET Every Friday 5-8 PM In The Rocker Room	13 14 SEA FOOD DELIGHT NIGHT 6-9 PM	15 16 SNCO WIVES CLUB MEETING
17 18 SUNDAY BRUNCH 8:30-1:00 PM Every Sunday	19 20 Chefs' Choice Buffet 5-7 PM & Then Join Us For BINGO Club Members Only Every Tuesday 6:30 PM & Then Join Us In The Bar To Hear Joanne Sing Your Favorite Songs	21 22 STEAK NIGHT 5-8 PM In The Rocker Room	23 24 The Reycards & 30 PM	25 26 LUNCH SPECIAL Sauteed Mahi Mahi 11-1 PM	27 28 Join Us For Ladies Night 8:30-12:30	29 30 Request D.J. & 30-12:30 Every Saturday.
31 32 LUNCH SPECIAL Macho Burrito 11-1 PM	33 34 Join Us In The Bar To Hear Joanne Sing Your Favorite Songs	35 36 ~BOSSSES NIGHT~ With Hank Playing In The Bar	37 38 LUNCH SPECIAL Baked Lasagna 11-1 PM	39 40 The Last Friday Of The Month Is Country Night At The Staff Club	41 42 For All Your Party Needs, At Home Or In The Club	43 44 Bring Your Secretary To Lunch On 23 April 86 & Show Her How Much You Have Appreciated Her Help.

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**Education**

**Wayland Baptist spring term**

The Wayland Baptist University spring terms begin March 31 and June 9. Academic counseling and enrollment are available at the Education Office here on Tuesdays and Wednesdays from 1 to 3 p.m. and at Camp Smith on Wednesdays from 9 to 11 a.m. and on Thursdays from 1 to 3 p.m.

Wayland offers courses in business, computers, technical management, health care administration and criminal justice as well as basic courses in English, math, history, bible and psychology.

For more information, registration and free academic evaluation, call 595-7555 or see a WBU counselor.

Effective April 1, counselor hours for Wayland will change. The new hours will be Thursdays from 9 to 1:30 p.m. here and at Camp Smith.

**Open house to be held**

An Open House will be held April 5, by Roosevelt University from 9 a.m. to noon, in the Control Data Building, 2828 Paa St., Honolulu.

The open house will provide information and answer questions about Roosevelt University's Computer Science Program to new and prospective students interested in pursuing a degree or certificate in computer science.

Current textbooks, admissions materials, as well as counseling, will be available to help interested persons learn more about the program.

**Engineering Expo to be held**

The College of Engineering of the University of Hawaii is holding its annual Open House at Holmes Hall, April 4 from 9 a.m. to 3 p.m., and April 5, from 10 a.m. to 2 p.m.

There will be engineering student displays, and displays by other UH Manoa colleges and from government and private industry.

There will also be three design contests with cash prizes. "Bombs Away", April 4, at 11:30 a.m.; and "Eggspress Yourself" April 4 at 11:30 a.m. are open to everyone. "Over Troubled Waters", or bridge building, April 4 at 11 a.m. is limited to university and high school students.

Admission is free. For more information call 948-7886.

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MCAS Kaneohe Bay  
~Officers' Club~  
April 1986 257-2081/2596

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Reservations are requested for preferred seating on Tuesday, Thursday, & Saturday evenings & also for Sunday brunch.		Tuesday Lunch Special: Roast Beef Sandwich	Wednesday Lunch Special: Stuffed Bell Pepper	Thursday Lunch Special: Liver With Onions	Friday Lunch Special: Sea Food Plate	Beef & Sea Food Buffet Every Saturday Night In The Pacific Room Featuring: King Crab, Baked Cod, Other Sea Food Items, Beef, & Our Wide Array Salad Bar.
Champagne Brunch Every Sunday 9:30-1:00 featuring: Omelets, Eggs Benedict, Fish, Hams, Fruits, pastries, & a glass of champagne.	Lunch Special Mexican Plate 11-1 PM	Family Style Mexican & Italian Buffet Every Tuesday In The Pacific Room 6:00-8:30 PM featuring: Make-your-own tacos, chili relleno baked lasagna, spaghetti & garlic bread	Mongolian BBQ Every Wednesday On The Lanai 6:00-8:30 PM	BEEFEATERS' BUFFET In The Pacific Room Every Thursday 6:00-8:30 PM	MONGOLIAN BBQ Every Friday On The Lanai 6:00-8:30 PM Reservations are requested for parties of more than 10	King Crab, Baked Cod, Other Sea Food Items, Beef, & Our Wide Array Salad Bar. 6:00-8:30 PM
			Reservations are not required except for parties of more than 10		Luke's Pineapple Band 7:15-11:15 Every Friday In The Koa Lounge	
The Club is Closed Sunday & Monday Evenings Except For Private Parties			YOUR NEW CLUB CARDS ARE AVAILABLE AT THE O'CLUB OFFICE			Why spend all day preparing for that special function when your Officers' Club can remove the burden from your shoulders by providing you with superb catering & special function services? Call Hazel at 257-2081/2596 for details & take-out arrangements.

**REAL LIVE BUTCHERS TO SERVE YOU**

**Western Round-Up**

**10% DISCOUNT TO THE FIRST 50 CUSTOMERS & ALL MILITARY**

**12% DISCOUNT TO ALL REPEAT CUSTOMERS!**

**FREE! 30 FILLET STEAKS**  
TO ANYONE OPENING A 6 MONTH SAME AS CASH ACCOUNT IN ADVANCE WITH PURCHASE OF 150 LB. OR MORE STEAKS 3 OZ. EACH

**SPECIAL #1 BEEF ORDER**

**U.S.D.A. CHOICE EXAMPLE FOR ONLY 89¢ lb.**

**INCLUDES:**  
• RIB EYE STEAKS • CHUCK STEAKS  
• RIB ROASTS • PLATE BEEF  
• SHORT RIBS • BLADE ROAST  
• BEEF STEW • GROUND CHUCK & MORE

**FREE SMOKED HAM**  
TO THE FIRST 50 CUSTOMERS CALLING IN TO PLACE AN ORDER! PURCHASE REQUIRED 8-10 LB. HAM

**FREE! 40 lb. BONUS!**  
• 20 lb. FRYERS • 10 lb. VEGETABLES  
• 5 lb. BACON • 5 lb. PORK CHOPS

**EXAMPLE:**  
USDA Choice Beef Order  
150 lbs. at 89¢ lb. \$133.50  
Bonus Pack no extra charge. Wt. 170-350 lbs. Sec. 1-D, 1-C, 3-F & 3-G's

**6 MONTHS SAME AS CASH**  
NO PAYMENT FOR 45 DAYS! O.A.C.

**JUST SAY CHARGE IT!**

**U.S.D.A. CHOICE EXAMPLE FOR ONLY 34.67**

**U.S.D.A. CHOICE:**  
• SIRLOIN STEAKS • STRIP STEAKS  
• PORTERHOUSE STEAKS • RIB EYE STEAKS  
• T-BONE STEAKS • PLATE BEEF  
• CLUB STEAKS • SOUP CUTS  
• RIB STEAKS • BAR-B-Q RIBS  
• FILLETS • GROUND BEEF & MORE

**PER MONTH FOR 6 MONTHS NO INTEREST!**

**EXAMPLE ONLY:**  
200 POUNDS LOIN RIB, PLATES & FLANKS AT \$1.04 LB. FREE 80 LB. BONUS PACK AVG. WEIGHT 150-350 LB. SECTIONS 1B, 1-C, 3-F, 3-G.

**FREE! 50 RIB EYE STEAKS**  
TO THE FIRST 50 CUSTOMERS CALLING IN TO PLACE THEIR ORDER. PURCHASE REQUIRED. 3 OZ. EACH

**FREE!**

**OVER 20 YRS. OF EXPERIENCE**  
**BEEF CENTER**  
3131 N. NIMITZ HWY. (HON. AIRPORT SIDE)  
OPEN DAILY MON.-FRI. 10 AM-4 PM  
SAT. 10 AM-6 PM SUNDAY CLOSED  
CLOSED FRI. 20 & SAT. 20 FOR EASTER HOLIDAY

**CALL 833-0020**  
FOOD STAMPS WELCOME

**U.S.D.A. CHOICE YEAR ROUND BEEF CENTER**  
430 lbs. AS LITTLE AS \$23.47 PER WK.  
EXAMPLE 350 LB. SELECT TRIM BEEF PLUS 80 LB. FREE PORK POULTRY & FREE STEAKS.

**100% GUARANTEE**  
ALL MEAT GUARANTEED FOR TENDERNESS AND FLAVOR TO YOUR SATISFACTION OR YOUR PURCHASE REPLACED PACKAGE FOR PACKAGE, NO TIME LIMIT, ALSO 16 MONTHS AGAINST FREEZER BURN.  
ALL BEEF CUT ON OUR PREMISES BY APPOINTMENT ONLY, DUE TO

**SWIMSUIT WAREHOUSE**  
735-0040  
GIRL TALK 263-4711 Boutique  
2 for \$35  
With this ad 878 KAPAHULU ABOVE SLICES  
272 KUULEI RD., KAILUA (OFF. POLICE STATION)

# Salutes

**EDITOR'S NOTE:** Salutes recognizes individuals for their achievements and exceptional performance and welcome new arrivals to Hawaii.

The information is compiled by the Unit Information Officers in conjunction with Fleet Home Town News Releases submitted to the Joint Public Affairs Office.

**BSSG**  
**Welcome Aboard**  
 Pvt. M.K. Laiacone  
 Pvt. W.C. Johnson  
 Pvt. K.J. Little  
 Pvt. P.J. Mitrowski  
 LCpl. M.J. Lavelle  
 LCpl. K.A. Bobrowski  
 LCpl. M.S. Mahaffey  
 LCpl. J.A. Teshara Jr.  
 LCpl. K.A. Straw  
 LCpl. B.L. Martell  
 LCpl. T.M. Gerhardstein  
 LCpl. R.T. Stinson  
 DA. T.A. Landers  
 DA. A. Hasan  
 DA. D.C. Washington  
 DN. L.V. Ferraro  
 Cpl. J.F. Marbury  
 Cpl. C.S. Rorer  
 Cpl. E. Pagan  
 Cpl. M.R. Overturf  
 Sgt. T.W. Dee  
 Sgt. A. Mercado III  
 Sgt. R. Torrez  
 Sgt. W.J. Greinesen

**Promotions**  
 PFC. K.J. Little  
 LCpl. C.A. Moss  
 LCpl. M.S. Encarnacion  
 LCpl. R.A. Strubeck  
 Cpl. L.B. Byrd

**Meritorious Promotions**  
 Cpl. W.S. Bartkovich  
 Cpl. E.D. Mata  
 Cpl. M.J. Greco  
 Cpl. S.P. Burkett  
 Cpl. B.D. Degori  
 Cpl. W.H. Long  
 Cpl. E.M. Taylor  
 Cpl. R.G. Mithel  
 Cpl. C.M. Magnoli  
 Cpl. J.V. Fredrickaen  
 Cpl. K.R. Wealey  
 Cpl. W.J. Elwell

**Certificates of Commendation**  
 LCpl. A.R. White  
 Sgt. M.P. Revere  
 Sgt. E.P. Saunders Jr.

SSgt. J.L. Sprague  
**Meritorious Musts**  
 LCpl. T.L. Tricut  
 LCpl. S.D. Clemons  
 LCpl. M.R. Johnson  
 LCpl. T.S. Chisholm  
 LCpl. C.W. Howell  
 LCpl. J.M. Hainsworth  
 Cpl. J.S. McClenahan  
 Cpl. B.E. Elmer  
 Cpl. K.W. Gross

**Good Conduct Medals**  
 LCpl. J.M. Delucia  
 Cpl. G.K. Pike  
 Sgt. W. Reed III  
 GySgt. L.E. Coleman

**Certificates of Appreciation**  
 LCpl. W.F. Wall  
 Sgt. E. Vicuna  
 Sgt. B.N. Bir  
 Sgt. M.S. Fischer  
 SSgt. M.W. Morgan

**Letters of Appreciation**  
 PFC. M.R. Encarnacion  
 PFC. R.C. Schulzer Jr.  
 LCpl. G.A. Herendeen  
 LCpl. W.H. Long  
 LCpl. M.K. Yon  
 LCpl. J.S. Brindley  
 LCpl. T.R. Meyer Jr.  
 Cpl. J.T. Lee  
 Cpl. J.O. Tamez  
 Cpl. D.G. Montgomery  
 Cpl. J.A. Sakoman  
 Cpl. D.L. Pfefferle  
 Cpl. J.C. Playford Jr.  
 Cpl. J.W. Kratzer  
 Cpl. J.L. Penn  
 Cpl. D.C. Johnson Jr.  
 Cpl. S.V. Klug  
 Sgt. L.F. Cole  
 Sgt. W.C. Sloan  
 Sgt. S.M. Chase  
 CAPT. D.R. Jones

**Reenlistment**  
 Cpl. S.V. Klug

**3rd. Mar. 3rd Bn.**  
**Welcome Aboard**  
 LCpl. D.W. Arters  
 LCpl. A.J. Daniels  
 LCpl. R.R. Sharp  
 Cpl. J.C. Peralta  
 Sgt. I.S. Save  
 SSgt. N.T. Buzzananco  
 2ndLt. J.D. Coco  
 2ndLt. S.R. Sutherland

**Promotions**  
 LCpl. M.J. Carter  
 LCpl. R.R. Taylor



## Award winner

**Master Gunnery Sergeant Jimmy V. Lowe, BSSG-1, received a Good Conduct Medal, 8th award; six running shirts, ranging from 1,000 to 5,000 miles; a 7,000-mile running certificate, and a plaque from Special Services commending him for his running achievements.**

LCpl. J.J. Clem  
 LCpl. R.R. Taylor  
 Cpl. B.R. Collins  
 Cpl. M.E. Beck III  
 Cpl. C.W. Denham  
 Cpl. R.J. Easterly  
 SSgt. A. Hollis  
 CWO-4 J.O. Mick

**MACS-2**  
**Welcome Aboard**  
 SSgt. W.I. Moran

**Promotion**  
 LCpl. F.S. McGee  
**HMM-165**  
**Welcome Aboard**  
 Cpl. J. Gonzalez  
 Sgt. D.A. Pettigrew  
 Sgt. A.A. Solmirin  
 GySgt. L.W. Edwards  
 GySgt. J.H. Morris III

**Promotions**  
 LCpl. W.J. Thomas Jr.  
 Cpl. D.L. Dawley

**Meritorious Promotions**  
 LCpl. E.R. Morris  
 LCpl. W.J. Thomas Jr.  
 LCpl. W.R. Tune  
 LCpl. W.B. Walker  
 Cpl. D.B. Cates  
 Cpl. J.T. Christen  
 Cpl. S.J. Elam  
 Cpl. D.W. Glass  
 Cpl. T.J. Henning  
 Cpl. R.E. Nicewagner  
 Cpl. D.K. Porter  
 Cpl. R.W. Reed  
 Cpl. J.D. Whitlock  
 Sgt. D.G. Bramwell

**Good Conduct Medals**  
 MGySgt. D.R. Earnest

**HMH-463**  
**Promotion**  
 Cpl. F. Earnshaw  
**MABS-24**  
**Welcome Aboards**  
 PFC J.T. Kortus  
 LCpl. K.A. Beck  
 LCpl. R.J. Morgan Jr.  
 Cpl. J.B. Lilly

**Meritorious Mast**  
 LCpl. J.M. Blue Jr.

**Good Conduct Medals**  
 LCpl. M.E. Lapan II  
 LCpl. M.T. Smith  
 Cpl. R.S. Gauthier  
 Cpl. S.F. Lopez

**St. Louis High School**  
**Grads**  
 Pvt. E.A. Yglesias  
 PFC D.I. Perez  
 PFC F.J. Hassey  
 PFC R.C. Burr  
 LCpl. M. Oltean  
 LCpl. T.J. Marthaller  
 LCpl. J.C. Johnson  
 LCpl. A.F. Horgan  
 LCpl. B.P. Christman  
 LCpl. B.L. Bryant Jr.  
 Cpl. M.D. Dolson  
 Sgt. R. Gomez  
 Sgt. B.C. Emerson  
 Sgt. D.E. George

**APPLE IIc**  
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Includes:  
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Sgt. Leah Gonzalez photo

## Reenlistments

Corporal Sammy Burkett visits his wife, Sgt. Tamara Bradshaw, recently at her office. Both are with BSSG-1, and recently reenlisted together to go to Camp Pendleton, Calif. Bradshaw is a warehouse clerk, and reenlisted for three years. Burkett is a landing support shorepartyman and reenlisted for four years. He also received a bonus.

**Free**

**SECOND WEEK'S RENT**  
 Call or Visit ColorTyme, America's Largest Rent-To-Own System. For 2nd Week's Rent Free On Name Brand Home Entertainment or Appliance Products. Right Away!

Ask about our Exclusive Color TV with 5 year warranty.

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 Order

**7 ELEVEN**

**We Keep You Revvin'**

PRICES EFFECTIVE NOW THRU 3/30/86

<p><b>EVERY DAY LOW</b></p> <p><b>12 PACK BEER</b>          ALL DOMESTIC BRANDS</p> <p><b>6 99</b>          EACH</p> <p>12, 12 OZ. CANS</p>	<p><b>EVERY DAY LOW</b></p> <p><b>CARTON CIGARETTES</b></p> <p><b>9 99*</b>          KING SIZE</p> <p>30¢ MORE FOR 100's</p> <p>*EXCEPT WAIKIKI</p>
<p><b>EVERY DAY LOW</b></p> <p><b>CASE COKE</b></p> <p><b>7 99</b>          EACH</p> <p>12, 12 OZ. CANS</p> <ul style="list-style-type: none"> <li>• COKE</li> <li>• CLASSIC</li> <li>• DIET COKE</li> <li>• C.F. COKE</li> <li>• C.F. DIET COKE</li> <li>• CHERRY COKE</li> <li>• TAB</li> <li>• C.F. TAB</li> <li>• SPRITE</li> <li>• DIET SPRITE</li> </ul>	<p><b>SUPER SPECIAL</b></p> <p><b>CASE PEPSI</b></p> <p><b>7 99</b>          EACH</p> <p>12, 12 OZ. CANS</p> <ul style="list-style-type: none"> <li>• PEPSI</li> <li>• DIET PEPSI</li> <li>• DIET PEPSI FREE</li> <li>• PEPSI LIGHT</li> <li>• PEPSI FREE</li> <li>• MOUNTAIN DEW</li> </ul>
<p><b>EVERY DAY LOW</b></p> <p><b>LOVE'S BREAD</b>          KING SIZE</p> <p><b>95¢</b></p> <p>King White and Golden Wheat</p>	<p><b>EVERY DAY LOW</b></p> <p><b>ALL L'EGGS HOSIERY</b></p> <p><b>25% OFF</b></p> <p>MANUFACTURER'S SUG. RETAIL</p>
<p><b>EVERY DAY LOW</b></p> <p><b>GALLON MILK</b>          ADOHR FARMS          HOMOGENIZED AND LOW FAT</p> <p><b>3 25</b>          EACH</p> <p>*NOT AVAILABLE AT CORAL REEF</p>	<p><b>EVERY DAY LOW</b></p> <p><b>2 LITER SODA</b>          ALL POPULAR BRANDS</p> <p><b>1 89*</b>          EACH</p> <p>*EXCEPT WAIKIKI</p>

**Now Accepting** VISA MasterCard Discover

**7 ELEVEN**

# Legal Assistance

You just excused your lawyer from your case. He threw himself on the mercy of the court, and missed. Now you are thinking, "maybe you could have handled the case alone."

Most states, including Hawaii, will allow you to present a case in small claims court without the help of a lawyer. A professionally-trained lawyer may be very valuable to you in an important suit; however, there are some legal circumstances where it would be impractical to hire one.

Let's say your landlord wrongfully evicts you, or attempts to keep your security deposit without good reason. The cost of going to court with a lawyer may be more than the total money involved in the dispute. That's when small claims court may benefit you.

Small claims court provides an informal setting for the resolution of legal problems between two or more parties. In Hawaii, the amount of your claim can be up to \$2,500. The defendant can counterclaim for an

amount up to \$10,000 plus interest and costs.

If you have a legal problem that doesn't amount to a lot of money, file a Statement of Claim in the district court of the judicial circuit where the defendant lives or does business. You can serve the Statement of Claim and notice on the defendant by registered, or certified mail with Return Receipt Requested. You can also pay a small fee to have the Office of the Sheriff serve a copy of the papers to the defendant.

The clerk of the Small Claims Division on Oahu is located in Honolulu, and he or she can tell you about the correct filing procedure. The current filing fee is \$5. Keep your receipts. You may request that such costs be awarded to you if you win the case.

The hearing will normally be scheduled within five to 30 days of the date you file. If you are not present, the case will probably be dismissed. If the defendant does not appear, or requests a continuance, you (the plaintiff) will win a default judgment.

It is important that you be well organized and prepared to present your evidence. Gather all contracts, rental agreements, estimates, receipts, correspondence and pictures that are relevant to your case. Also get any witnesses you may wish to testify in your behalf.

Depending on the kind of case you have, you may want to ask a neutral expert witness to testify for you. Such a witness probably would be helpful in a case involving poor repairs or low quality workmanship.

A qualified judge will preside over your small claims court proceedings, who will guide both parties in their presentation of evidence. Don't try to use a lot of fancy legal words to prove your point. Describe what happened in your own words.

After the judge has heard enough evidence, a decision will be made. Hopefully, you will get what is fairly coming to you without spending a fortune.

By Maj. M. Daniel  
Legal Assistance Office

# HMH-463 hits 20,000 hours

By Cpl. Hugh Trask

Marine heavy helicopter squadron 463 celebrated the passing of its 20,000th, accident-free, flight-hour here with a cake cutting ceremony March 6.

The squadron passed the 20,000 hour mark during a routine training flight when the helicopter "Pegasus 05" took off at 4:30 p.m., and landed at 9:30 p.m. The last accident involving one of the squadron's helicopters occurred on May 18, 1980.

The record-setting flight was flown by Capt. Steve Bennet and 1st Lt. Sean Thompson with Cpl. Edward Hough, 1st Lt. Mike Shannon and Cpl. John Garrigus.

The 20,000 accident-free-hour mark, according to Maj. Robert Leavitt, director of Squadron Safety and Standardization, is a milestone for most tactical squadrons. "It took us six years to accomplish this and, in that time, we had no damage whatsoever — not

even a damaged air frame," he said.

Once an accident occurs, according to Leavitt, a squadron shouldn't feel that their 20,000th accident-free

hour is an unattainable goal. "The primary concern is to maintain a positive attitude in the squadron — with the right attitude, you can go on keeping things safe," he said.



## APRIL FOOL'S DAY

Bring in this coupon for

**BUY ONE! GET ONE FREE**

**FROMEX**  
Photo Systems

**2nd SET OF PRINTS FREE**

at time of processing on all color 135, 110, 126 & Disc fresh rolls of film.

**247-6737**  
Expires 4/7/86

WINDWARD MALL LOWER LEVEL KANEHOE

# Grilled Mahi Mahi \$5.99

A complete Mahi Mahi dinner Served with coleslaw and rice or fries. Or try one of our other new menu items: Grilled Catch of the Day... Shrimp Tempura... One full pound of Steamed Clams... Steamed Snow Crab... Scallops 'n Fries... Shrimp 'n Pasta Salad and much more.

<p>Buy one, Get one for 1/2 Price</p> <p>Buy any House Specialty Meal at Regular Price. Get the second one for Half Price.</p> <p>Coupon good during breakfast, lunch and dinner hours 8am to 11pm daily.</p> <p>This coupon not to be combined with any other coupon. Coupon must be presented before ordering. Good at all Kaimuki, Waimalu, Kaneohe, Times Square and Shopping Center City Shopping Center.</p> <p>Expires March 30, 1986</p> <p>Coupon good at Oahu Skipper's only</p>	<p><b>99¢</b></p> <p><b>THREE EGG OMELET</b></p> <p>Served with your choice of Hash Browns or Rice and Toast.</p> <p>Coupon good during breakfast hours: 8AM to 11AM Daily.</p> <p>Breakfast at Kaimuki and Kaneohe locations only.</p> <p>This coupon not to be combined with any other coupon. Coupon must be presented before ordering. Good at Waimalu, Kaneohe, Times Square and Shopping Center City Shopping Center.</p> <p>Coupon expires 3/30/86</p> <p>Coupon good at Oahu Skipper's only</p>	<p><b>99¢</b></p> <p><b>SALAD BAR</b></p> <p>Treat yourself to Skipper's Island fresh Salad Bar with your favorite Fruits, Vegetables and Dressings.</p> <p>Coupon good during lunch and dinner hours (with purchase of any entrée)</p> <p>This coupon not to be combined with any other coupon. Coupon must be presented before ordering. Good at Waimalu, Kaneohe, Times Square and Shopping Center City Shopping Center.</p> <p>Coupon expires 3/30/86</p> <p>Coupon good at Oahu Skipper's only</p>
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# Skipper's®

So many good seafood choices for so little.

KAIMUKI Market City Mall 735-8669

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FINAL DAYS

# A SPECIAL SALE

## On Carpets By J.P. Stevens

Great looking carpets are on sale now at super low prices! These carpets are as tough as they are elegant. Come in to Pearl Harbor or Barbers Point Navy Exchanges and get these easy care, long wearing Stevens/Gulistan® carpets for as little as \$8.50 sq. yd. But at prices this low, you'd better hurry for the best selection.

# STEVENS Gulistan Carpet

## SAVE A BUNDLE ON BEAUTIFUL CARPETS!

**MULTICOLOR SCULPTURE**  
The irresistible sculptured texture makes this carpet great for any room. You get comfort and quality at an affordable price.  
Sug. Retail \$15.95 SAVE \$7.45 **\$8.50** sq. yd.

**ELEGANT TONE ON TONE SAXONY**  
Super soft and easy to care for, this plush will add a touch of elegance to your home.  
Sug. Retail \$21.95 SAVE \$10.20 **\$11.75** sq. yd.

**NEW EXCITING SCULPTURE PILE**  
The perfect choice wherever you want great wearability plus long lasting good looks.  
Sug. Retail \$21.95 SAVE \$10.20 **\$11.75** sq. yd.

**NEW LUXURIOUS VELVET PLUSH**  
Get the latest in luxury and beauty with this elegant velvety soft plush!  
Sug. Retail \$25.95 SAVE \$12.45 **\$13.50** sq. yd.

**POPULAR TONE ON TONE SCULPTURE**  
The elegant and durable pile resists soiling and stains. Choose from any array of earth-tone and natural shades.  
Sug. Retail \$25.95 SAVE \$12.45 **\$13.50** sq. yd.

**SOFT, FINE VELVET PLUSH**  
So rich and inviting, with a pile that's easy to care for and provides superior performance.  
Sug. Retail \$29.95 SAVE \$11.95 **\$18.00** sq. yd.

**THICK, LUXURIOUS SCULPTURE**  
Definitely one of the best sculptures in the market today, with its thick luxurious hand and elegant look.  
Sug. Retail \$31.95 SAVE \$13.95 **\$18.00** sq. yd.

**THICK, ELEGANT VELVET PLUSH**  
Sink your feet into the thick, rich pile and you'll see why this is such an unbeatable value.  
Sug. Retail \$39.95 SAVE \$16.45 **\$23.50** sq. yd.

Carpet only prices. Pad and professional installation is available.

# ANNOUNCING.....

## PARKING LOT CARPET LIQUIDATION SALE!

2 DAYS ONLY!  
APRIL 5th & 6th, 1986  
AT PEARL HARBOR NAVY EXCHANGE

## CARPET & FABRIC REMNANTS

Priced BELOW MANUFACTURER'S COST  
Hundreds of styles, colors and textures to choose from all at bargain prices! Come early for the best selection!

**NEXT Weekend ONLY! April 5th & 6th**

# NAVY exchange HAWAII

PEARL HARBOR \* BARBERS POINT

Sale starts March 20, 1986  
Sale ends March 30, 1986

Pearl Harbor Navy Exchange Interiors Plus  
Phone: 422-2767  
Regular Store Hours: Mon-Sat 9:30am to 7:00pm  
Sunday 9:30am to 5:30pm

Barbers Point Navy Exchange Rainbow Annex Furniture Store Bldg. 1141  
Phone: 682-5525  
Regular Store Hours: Mon-Sat 9:30am to 5:00pm  
Sunday closed

Visa and Mastercard accepted  
Sorry no layaways

This advertisement was not paid for, in whole or in part by the Department of the Navy or the Navy exchange. This advertisement does not constitute endorsement by the Navy exchange, the Department of the Navy or the U.S. Government of the products or services advertised.

**VITA Reps**

Income tax forms, schedules and instructions for the following states have not been received by the Legal Assistance Office. All other state forms are available.

<b>Alaska</b>	New Jersey	
<b>California</b>	South Carolina	
<b>Florida</b>	South Dakota	
<b>Maine</b>	Texas	
<b>Montana</b>	Washington	
<b>Nevada</b>	Wisconsin	
<b>New Hampshire</b>	Wyoming	
<b>Unit</b>	<b>VITA Rep.</b>	<b>Tel. #</b>
MAG-24	Capt. Lindeman	257-3222
HAMS-24	GySgt. Girard, J.M.	257-2484
MACS-2	2dLt. Peterson	257-3407
MAB8-24	MGySgt. Kelley	257-3601
	1stLt. Marzec	257-3230/3525
	Cpl. Rizo	257-3191/3293
HMH-463	1stLt. Gray	257-2534
HMM-165	GySgt. Betta	257-2923/2522
HMM-262	1stLt. Patenaude	257-2695
	SSgt. Dahmes	257-2695
HMM-265	1stLt. Brady	257-2777/2788
	1stLt. Hansen	257-2777/2788
VMFA-235	1stLt. Wojtan	257-2755
	SSgt. Thibodeau	257-2829
3d Marines	1stLt. Wileman	257-2512
HqCo, 3d Marines	1stLt. Gorzynski	257-2893
1/3	1stLt. Killinger	257-2618
	1stSgt. Bennett	257-2618
2/3	Capt. Samson	257-3107
1st RadBn	1stLt. McCuskey	257-3503
	GySgt. Hayden	257-2725
H&S 1st MAB	1stLt. Bray	257-3403
	L.Cpl. Stoll	257-3404
1/12	2dLt. Bragg, M.P.	257-2507
Navy Personnel	HMC Duncan	257-3457
	HM2 Rivera	257-3457
21st Dental	DT2 Sands	257-3226/3100
BSSG	1stLt. Wakefield	257-3684
H&HS, MCAS	Sgt. Reider	257-2740
	Mrs. Miller	257-2841
Fam Svcs	Maj. Templeton	257-2128
	SSgt. DeLarosa	257-2128
SOMS	Sgt. Parks, P.	257-2003
H&S Bn.	SSgt. Deal	477-6953
Camp Smith	Sgt. Landry	477-6331
Legal Assiat	Sgt. Urena	257-2168

**Study indicates that overweight girls consume less food than slender peers**

Though many overweight teenage girls fall into the trap of skipping meals, or even worse, munching a candy bar as a substitute for a square meal, a study published in "Journal of The American Dietetic Association" indicates

that the overweight girls actually consume much less food than their slender peers. Results of the study of 100 high schoolers show that girls with poor eating habits weigh more than those with nutritionally sound diets, but

take in almost one-half as many calories.

The group of heavy girls eat less food per day, taking in an average of 1,203 calories, while the groups of lean teenagers consumes nearly 2,300 calories a day.

The 100 subjects were chosen from 276 teenagers in Ontario, Canada, who supplied researchers with 24-hour food records. Based on Canadian and U.S. dietary guidelines, researchers chose the top 50 with the most nutritionally balanced diets and the bottom 50 with the worst eating habits.

In surveying the two groups, bodily appearance was shown to play a major role in the way teenage girls eat. Unhappy with their looks, the heavy girls will plunge into undesirable weight loss plans that include skipping one or more meals per day.

Researchers also found that overweight girls spend nearly five more hours a day sitting or sleeping than did the thin teens.

"It's a vicious cycle," says study author Lorry A. Macdonald, of McMaster University in Hamilton, Ontario.

"The heavier girls were trying to improve their looks, but because their calorie intake was low, they didn't have the energy for any kind of activity."



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All questions concerning dental care will be answered Monday-Friday except holidays, 2 to 9 p.m. by calling 257-3226/2290.

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It's the Aloha Friday Luncheon Buffet, better than ever in the recently remodeled Hale Koa Room, every Friday from 10:30 a.m. to 1:30 p.m. We welcome groups, so join us when you're ready for a party or celebration.

Price: \$10.95 per person, plus gratuity.  
For reservations, please call 955-0555.

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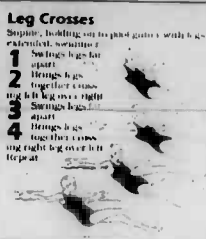
235 5839

# Doctor says regular exercise can slow aging process

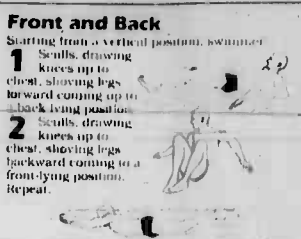
Regular exercise can slow down the aging process and exercise in water can give all the aerobic benefits of more strenuous dryland exercises without the attendant risk of harmful movements or falling.

Dr. Fred Kasch, in an article called "The Effects of Exercise on the Aging Process," reported that a 10-year study of the aging process in men between the ages of 48 and 54 showed that regular exercise can add years to your life and even slow down the aging process.

Swimming improves endurance, fitness and mental well-being. It is an all-around exercise that builds stamina and balanced muscle strength.



**Leg Crosses**  
Begin by holding on to pool gutter with legs extended, swimming.  
1 Swings legs to apart.  
2 Brings legs together, crossing right leg over left.  
3 Swings legs to apart.  
4 Brings legs together, crossing left leg over right.  
Repeat.



**Front and Back**  
Starting from a vertical position, swimmer.  
1 Seals, drawing knees up to chest, shoving legs forward coming up to back lying position.  
2 Seals, drawing knees up to chest, shoving legs backward coming to a front-lying position. Repeat.

exercise in water is that water acts as a cushion and support. When immersed in water to the neck, you effectively weigh 90 percent less, so movement is easier. This puts much less strain on muscles and joints and allows people to do exercises that could be done only with strain and difficulty on land.

For this reason, swimming or water exercises are ideally suited to the overweight — the more body fat the more buoyancy. Swimming is also a good calorie burner. A vigorous swim burns 300 to 1,000 calories per hour. And, because it raises your metabolism, your body burns up extra calories for hours afterwards.

Swimming is also an excellent therapeutic exercise and is often prescribed as a remedy for people with back or joint problems or injuries suffered in other sports. Swimming relaxes and

rehabilitates muscles and joints and can be enjoyed by people with physical limitations and older people if approved by their physician.

Lap swimming provides the best form of aerobic conditioning. It can efficiently exercise the heart without placing stress on weight-bearing joints and the lumbar spine as many land exercises do. President Reagan regularly exercises in the White House pool, as did a number of former presidents.

Water doesn't allow any sudden or harmful movements so risk of injury is lowered. It is particularly easier for older people or those with painful joints or weak leg muscles to do calisthenics in water.

Especially important to the elderly is that they don't have to worry about falling.

Aerobic exercise is known to improve the efficiency of the heart, blood vessels and lungs. Swimming is an excellent aerobic exercise because it strengthens the entire cardiovascular system. Studies show that aerobic workouts strengthen a swimmer's heart, increase the number of blood vessels and increase lung size and capacity. Also, when immersed in water, the heart increases slightly in size (known as the "diving reflex"). Combined, this results in 10 to 20 percent more blood being pumped through the body with every heart beat.

## Here are some exercises to ease pain in your back

It's a sadly neglected portion of the anatomy — starting from the neck and shoulders, then moving down to the part we can't see very easily, the part that truly is behind us! The back. For many people, it is one of the weakest parts of the body: for everyone, it is something to strengthen and care for.

To begin with, posture and carriage are of foremost importance. The muscles that support the spine must be exercised — both for strength and flexibility. We also must be continually aware of posture — the carriage of the back — while we're sitting, standing and in motion.

Tension has a habit of inviting the shoulders to sneak upward: the pulling down of the shoulders should become a reflex, something to do at least once an hour to ward off the stress that can lodge there and tighten.

Roll the shoulders: roll out the tension while the shoulders are strenuously being pulled down; bend the head down, to stretch the neck gently roll the head. These are basics that can help keep you flexible and strong.

But carriage and exercise

are just the beginning — the all-important "skin deep" aspects of a good back. From there, maintenance and care follow. The human back is potentially magnificent: to help reach the maximum potential, here are a host of grooming and care facts and tips — for a healthy and beautiful back.

Your body skin, like your facial skin, is constantly renewing itself. As new skin cells are produced, they move up to the surface to form the top layer of skin; they then harden and "die off," to make way for new cells and, at the same time, protect the surface of the skin.

Proper cleansing helps make this process more efficient. Old cells build up, along with impurities and excess oil. A regular and efficient cleansing routine is what's needed.

The back tends to be the oiliest part of the body, making it a major target for skin eruptions. Again, cleansing is the ticket.

Yet another culprit — perspiration — can compromise the health of your back, which is another reason cleansing is important.

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For over 115 years, the YMCA of Honolulu has demonstrated its position as being the fitness leader by helping its members achieve their health potential. We've made it our tradition and we will continue to do so.

So, please come and join us.  
Here are some of the other programs now being offered:

**CENTRAL YMCA:**  
Y's Way To A Healthy Back: A six (6) week program designed to help people suffering from lower back pain. Starts May 6-June 19, T/Th at 6-7 p.m.  
Adult Learn to Swim: Starts May 6-June 11, Mon/Wed at 6:30-7:30 p.m.

**NUUANU YMCA:**  
**MENS START UP FITNESS:** Three month program for men waiting to "get back into shape." Includes all fitness activities, fitness evaluation, and health related lectures (Stress Management, Nutrition). Starts May 5-July 30, Mon/Fri at 6-7 p.m., Wednesday at 6-8 p.m.  
**YOU & ME BABY (Prenatal, Post Partum/Baby Fitness Program)**  
**Prenatal Classes:** Program designed to help a pregnant woman prepare for childbirth through a combination of calisthenics, stretching, muscle toning and relaxation. Four Week Sessions. Noon or evening classes.  
**Post Partum Classes:** This program helps the mother get back into shape with emphasis on reducing "post partum belly", increasing energy, and to improve posture and appearance. Baby enjoys 15 minutes of exercise too! Eight Week Session. Noon or evening classes.  
For more information on current rates, other classes offered call:

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## Accident exercise tests capabilities, coordination of rescue units

**S**tation Operations and Maintenance Squadron, here, conducted a mishap/search and rescue exercise, March 5, to enhance the capabilities and coordination of units which become involved in search and rescue, and aircraft emergencies.

The simulated exercise began when four aircrewmembers, who were qualified swimmers, "ejected" into the ocean before their "Transpac" EA-6B Prowler "crashed" on the West Field runway, leaving two unexploded 250-pound bombs at the impact site.

Initiating the emergency drill for SOMS was Capt. Leroy A. Stearns, aviation safety officer, who activated the "crash phone" after sighting some black smoke at the end of the West Field runway. The crash phone alerted sections of SOMS and put them in an emergency alert status.

Within an hour, the crash fire and rescue crew had extinguished the fire and a medical team, treated the injured. The SAR helicopter found the four aircrewmembers and the explosive ordnance disposal unit retrieved the bombs, ending the mishap/search and rescue mission.



Corporal Kevin Hazlett (left), Capt. V. Bousa and Sgt. Chris Espinoza from SOMS Search and Rescue, rush to their helicopter responding to a mishap drill.



Sergeant Chris Espinoza, a search and rescue swimmer, SOMS, prepares to enter the water to rescue the four "downed" air crewmen.



Sergeant Chris Espinoza, a search and rescue swimmer, SOMS, signals the helicopter crew to drop the "Billy Pugh Net" to retrieve an "injured" crewmember.



Corporal Kevin Hazlett, a search and rescue Marine, SOMS, prepares the "Billy Pugh Net" for lifting "injured" crewmembers into the SAR helicopter.



An ejected aircrewman, portrayed by MSgt. Ken Garner, aircraft maintenance chief, SOMS, gets lifted from the water during the mishap exercise.

# 'Bubylonian Encounter' teaches children difference between good, bad touching

Story and photos by Cpl. Hugh Trask

The play begins with two people, a man and a woman walking along a mountain trail. As they pause to alternately look at the stars and pick flowers, a spaceship lands and an alien appears. The creature is unique; this alien lives in a bubble and has never known what touching is...

"Bubylonian Encounter," a play designed to teach children the difference between abusive and affectionate touching, was performed at Mokapu Elementary School, March 7 and 10.

The play was cosponsored by the Family Services Center, here, and the Artist-in-the-Schools program, which is funded by the state Department of Education. Written by Gene Mackey of Overland Park, Kan., the play was seen by about 450 students, including fourth

graders and kindergartners.

By using mime and audience participation, "Serendipity and Such," the troupe which performs the play, holds the interest of the children. The group teaches them that touching can be positive, negative, confusing or forced sexual in nature.

The play also teaches children that they have a right to protect their own bodies and to seek help when touching feels bad or confusing.

"We also try to stress that, most of the time, the child is abused by someone the child knows or like," said Jerry Tracy, director of the play. "It's very rarely a stranger who's to blame — but then it's easier for people to put the blame somewhere else."

Children are also taught, through the story, to seek help from someone and, if necessary, ask more than one person for help because the sincerity of sexual abuse victims is often doubted.

Because members of the

troupe all have a background limited to the theater, a social worker travels to schools with the troupe to answer children's questions and help if necessary.

Care was taken by Bubylonian Productions, Inc., owner of the production rights, in choosing the troupe to perform the play.

"One requirement of theirs," said Angie Baker, one of the actresses, "is that the group who performs the play has to have strong positive feelings for the subject. Not everyone can do the play," she added, "because some people feel uncomfortable about the subject."

Because some people are uncomfortable with the subject, the troupe supports Bubylonian Productions' requirements. "It's important to have the right cast," said Tracy, who is also an actor for the play. "We don't want the child to be frightened by the presentation — we want the child to learn from it."



Angie Baker, playing an alien who has never known the sense of touch, acts as though she's left her spaceship on a mountain-side trail.



Angie Baker, playing an alien discovering the sense of touch, feels human hair for the first time. Linda Bade, playing Betty, is teaching the "alien" what good and bad touching is.

## Family Service Center events for April

The Navy Family Service Center at Pearl Harbor is offering several classes for Navy, Marine Corps and Coast Guard active duty and retired personnel and their families. For more information and to register for the following classes, call 474-1256.

**Single Women Sailor Support Group** — An opportunity for single women sailors to share feelings with each other and receive support on situations of everyday living. On Wednesdays from 6:30 to 8 p.m., in bldg 150, Room 248. Call 474-1256 to register.

**Focus on the Family** — A seven-part film series designed to strengthen family love. In depth discussion will follow each film. On April 2, 9, 16, 23 and 30 and May 7 and 14, from 7:30 to 9 p.m., in the Fellowship Hall, Naval Station Chapel. To sign up call 474-1256.

**Life After Divorce** — Designed to help individuals

cope with the adjustment period of divorce and to assist them in starting over again. A two-part class, held on April 3 and 10, from 7 to 9 p.m. in the FSC Classroom, bldg. 193. To register call 474-1256.

**Tips for Sponsors** — An informative morning on things to do to be a better sponsor. On April 4 from 8:30 to 10:30 a.m., in the FSC Classroom, bldg. 193. To register call 474-1256.

**Orientation to Hawaii** — Get acquainted with Hawaii's history, culture, things to do and places to see on- and off-base. Child care, public schools and job opportunities will be covered. On April 7 from 7:45 a.m. to noon in the FSC Classroom, bldg. 193. Call 474-1256 to register.

**Stress** — Tools for stress reduction, release and redirection including mind-calming techniques, breathing exercises, and discerning creative choices for redirection will be covered. Sessions will be held on April 7, 14, 21

and 28 from 7 to 8:30 p.m., in the FSC Classroom, bldg. 193. To register call 474-1256.

**Wiping the Blah's Away** — If you are interested in learning more about your moods and how to deal with them attend this workshop. On April 8 from 9 to 11 a.m., in the FSC Classroom, bldg. 193. Register by calling 474-1256.

**The Single Parent** — This two-hour session will discuss the economics, practical, social and emotional concerns of parents without a partner. On April 8 from 6:30 to 8:30 p.m. in the FSC Classroom, in bldg. 193. Register by calling 474-1256.

**Remarried (Step) Family** — A workshop on the problems of the remarried family. The session will address how problems can be reduced, resolved and prevented. On April 9 from 6:30 to 8:30 p.m., in the FSC Classroom, bldg. 193. To register call 474-1256.

**Facts About Child Abuse** — This workshop will

discuss definitions and causes of child abuse and neglect, and explore ways in which it can be prevented. On April 15 from 9 to 11 a.m., in the FSC Classroom, bldg. 193. Call 474-1256 to register.

**Chinese Cooking** — Learn how to prepare favorite

Chinese dishes at this demonstration/taste session. A \$2.50 fee will be charged to cover the food. On April 16 from 9 to 11:30 a.m., in the Fellowship Hall, Naval Station Chapel. To register call 474-1256.

**Welcome Baby Program**

— The Pearl Harbor Welcome Baby Home Visitor Program will hold an orientation to introduce families to Welcome Baby. Interested individuals can sign up for this orientation to be held April 16 from 7 to 9 p.m., in the FSC Classroom, bldg. 193. To register call 474-1256.

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**DP® Power Pro Tennis Racket**  
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# Improving the Corps' field communications

## Marine rigs 'invisible' antenna



After securing a line on the field expedient antenna, Cpl. Rick D. Hill, radioman for Fox company, 2/3, will be able to send and receive transmissions 15 miles away.



Match-up marks on each piece of equipment make the field expedient antenna easy to assemble.



Corporal Rick D. Hill, radioman for "F" Co., 2/3, hoists the antenna from a high branch so it is camouflaged by the tree.

Story and photos by Sgt. Joe P. Jaseur

**'R**adio up! A call for the radioman is a perfect one for unsuspected enemy sniper who scans the area for the large conspicuous antenna which could put the "ACTUAL" in his sites.

Corporal Rick D. Hill, company radioman, F Co., 2/3, constructed a field expedient antenna which, when properly positioned, is virtually invisible and can receive and transmit radio signals farther away than the conventional tape and whip antennas.

"During a Combat Readiness Evaluation at the Pohakuloa Training Area, my commanding officer, Capt. Barnes, and I

discussed the problems of radio communications," said Hill. "The most common problems radiomen have are the antennas breaking, getting bad reception because of obstructions and inclement weather," said the Longview, Texas native.

By using theories from numerous tactical communication pamphlets and the MCI course on field expedient antennas, Hill ingeniously constructed a crude antenna by taking broken antennae used previously.

"Placing the antenna pieces and comm wire together at certain lengths, we discovered that we could transmit much farther than the regular tape or whip antenna, though the length of the antennae dictate

what frequency we can run on.

"The best thing about this type of antenna is that is it very hard to spot in the field. We're able to either hang it from a tall tree branch or just lay it in the bushes and it will still outperform a whip antenna by a range of seven to eight miles," explained Hill.

Hill has made other modifications in constructing better field expedient equipment.

"I built a one-directional vertical half rhomic antenna in which transmission cannot be jammed or intercepted by the enemy very easily. Also, this antenna can transmit up to 40 miles," said Hill.

"Corporal Hill has put many hours of research into these field expedient antennas," said Capt. Barnes. "Information and theories in publications have been around for years. Corporal Hill just took the initiative to not only make himself more proficient, but it benefitted our unit as well."

As the training NCO, Hill keeps his Marines informed on field communications.

"I give all the Marines in our company classes on how these antennas work so they'll be able to operate and take full advantage of the radio antenna's capabilities," said Hill.

### CHRISTIAN POLITICAL PHILOSOPHY

(A DANGEROUS BLEND OF POWER)

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by

TERRANCE SCOTT EDWARDS

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Carolyn M/W 5:00 p.m. Royal School 262-6116  
1519 Queen Emma (at Punch Bowl)

**Kaimuki**

Debbie T/Th 6:00 p.m. I. Roshko School 261-2007  
3430 Maunaloa Ave.

**Waikiki**

Joni M/W/F 9:15 a.m. Royal Hawaiian Shopping Center, 4th floor Bldg. B 625-0684  
Geri T/Th 5:00 p.m. Royal Hawaiian Shopping Center, 4th floor, Bldg. B 261-3098

**WINDWARD AREA**

**Kaneohe**

Debbie T/Th 9:00 a.m. MCAS Family Service Gym, Lawrence Street 261-2007

**Nailoa**

Geri M/W 6:00 p.m. Nailoa Intermed Sch., 185 261-3098  
S. Kaimali Dr., P.E. Room

Carolyn T/Th 5:30 p.m. Alakai Elem. School 262-6116  
281 Ilihu (next to Alakai Shopping Center)

**LEEWARD AREA**

**Aiea**

Cynthia T/Th 6:15 p.m. Aiea Elementary School 671-8109  
99-170 Mualua Road

**Millard**

Joni T/Th 6:30 p.m. Kipapa Elementary 625-0684  
95-074 Kipapa Dr.

Joni T/Th 8:45 a.m. Rec. Center I 625-0684  
95-400 Ilihoa (Sept.-May)

**Alipii**

Cynthia M/W/F Sat 9:00 a.m. Carlin Hakey Radford Community Center 671-8109  
Carlin Hakey Radford Community Center

**Subase Pearl Harbor**

Geri T/Th 11:45 a.m. Subase Gym Lunch Class 261-3098

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# Marine troubleshooter helps train Seabees

By SSgt. Dave Smith

An unusual job exists within the enlisted ranks of a Reserve Naval Mobile Construction Battalion; and the man who fills it, doesn't wear the distinctive Seabee emblem — he's a Marine.

Staff Sergeant Jim Genesky is the Marine Tactical Advisor to the commanding officer of RNMCB-20, headquartered in Columbus, Ohio, and coordinates and conducts infantry-type training for the battalion's Seabees who are scattered throughout West Virginia, Kentucky and Ohio in seven separate companies.

With hometown roots in Batavia, NY, "Ski," as he's called by friends, is a troubleshooter in the signal department of Consolidated Rail in Columbus. But his involvement with the Marine Corps began in the early '60s.

"I was on active duty from '62 to '66 when I got out as a corporal," said Genesky. "My primary job

was as an infantryman. But when I was in Vietnam, I worked as a radio operator and then as a helicopter door gunner. Both tours there were spent with various units of the 1st Marine Brigade."

Several years elapsed after his discharge from active duty before he got the notion to renew his relationship with the Corps.

"In 1973, I joined the 8th Tank Bn., a reserve unit in Rochester, NY, because I actually missed the Marine Corps," admitted Ski.

"Then, in 1976, I got a new job in Cincinnati, so I joined a communications company there."

That lasted until September 1980 when he was interviewed and accepted in his present job as a Marine Military Advisor for the Naval Construction Force. Even though there are a 37 advisors with the NCF, they only congregate once a year for their annual training and planning workshop.

As the tactical advisor and training NCO, Genesky schedules and coordinates

all military "grunt-type" training for the Seabees, which they need to effectively defend themselves in a combat situation.

"The Seabees' training runs in a three-year cycle — one year will be strictly military tactics training; one will be spent doing construction jobs; and then they'll spend another attending various formal, job-related schools," explained Genesky.

"While I do accompany them on construction trips, such as this one, to serve as their Marine Corps coordinator, I get involved mostly with their tactical training. That in itself can sometimes be very difficult — the Seabees don't have any weapons."

Whenever weapons training is conducted, Genesky has to find an available range; locate weapons he can borrow from other reserve units; arrange for their pick-up and return; and conduct the training.

"I've spent anywhere from 90 to 120 days a year in an active duty for training status since taking on this job," remarked Genesky, "and I have to admit — my civilian boss is



Staff Sergeant Jim Genesky talks with 1st Lt. Scott Lance, Station athletics officer, about the new extension to the mini-gym that Seabees from Reserve Naval Mobile Construction Battalion-20 built.

very understanding of my commitment to the reserve program. If it wasn't for the cooperation of the other reserve units, and the 'Can Do' attitude of these Seabees, I wouldn't be able

to accomplish my job." By combining the contributions from fellow reservists of other services, the assistance from other Seabee Marine Advisors, and his personal efforts to

accomplish the training requirements, Genesky's unique job with RNMCB-20 gets done by mixing the industriousness of the Seabees with the motivation of Marines.

## Primaries slated

A lot of people in this country don't exercise their right as Americans and cast their vote in elections because they feel that their one vote couldn't affect the outcome.

But this excerpt from the Election Administration report shows just how wrong that attitude can be:

"An absentee ballot cast by a Navy man, Lane Reed, enabled his mother to retain her seat on the Stafford County Board of Supervisors in the state of Virginia.

"Lane, who is stationed in Texas, created a tie with his ballot, which caused the names of the two candidates to be placed in a box for drawing. Reed's name was

drawn and she was declared the winner.

Without that one absentee ballot, Reed would have lost the election by one vote, so don't be a doubter. Take the time to register and request your ballot.

The following states will hold primary elections: Indiana and North Carolina on May 6; Nebraska on May 13; Oregon and Pennsylvania on May 20; and Kentucky on May 27.

Residents of these states are encouraged to register and obtain a ballot for these primaries.

For more information and assistance, see your unit voting officer.

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<b>LUNCH</b>	Mon.-Fri.	11:00 AM to 2:00 PM	Sat.-Sun.	11:00 AM to 4:00 PM
<b>DINNER</b>	Mon.-Sun.	5:00 PM to 9:00 PM		

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Our approach to learning is simple. Take away the competition, the stress, and the fear of failure, and something extraordinary happens. Children learn.

This simple approach to education has been tested and proven at Sylvan Learning Centers, time and again. We've helped thousands of children, from the early grades on up, to do better in school. That

is why we offer this unique promise: your child's reading or math skills will improve by at least one full grade level after just 36 instruction hours. Or we will provide up to 12 additional hours of instruction, at no further cost. Improvement will be measured by a nationally-recognized achievement test, given before and after instruction at Sylvan.

**The basics: the key to achievement.**

We've found that all learning is built upon a few basic, vital skills. Missing a crucial lesson, or failing to grasp a concept while the rest of the class moves on, could hold your child back in many areas.

Perhaps your child was out with chicken pox when the class learned phonics. Or maybe you moved to a new town, just after the chapter on fractions. Even the smallest gap can leave him weeks behind.

By focusing on the basics

at Sylvan, we can help your child master the skills he's missing—and conquer the problems holding him back.

**A program designed specially for your child.**

At Sylvan, your child learns at his own pace, in his own program. With the kind of intensive, personal attention that the classroom simply can't provide.

We begin by finding out just where your child's strengths and weaknesses lie. A full series of diagnostic tests, including tests of vision and hearing, tells us where the most help is needed. Then we develop your child's individual learning program to meet those needs.

We use all the varied resources at our disposal, from the most innovative equipment, including computers, to the most tried-and-true teaching methods. Plus one key ingredient: positive encouragement. With the constant

guidance of a certified instructor, your child will learn the reading or math basics he needs to catch up, and move ahead. Even more important, he'll learn what it feels like to succeed.

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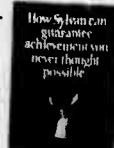
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# Island Happenings

## Creative Theater classes

The spring session of the children's Creative Theater is now enrolling children ages 3½ to 13. Classes meet Fridays at Pearl City, Thursdays at Pearl Harbor and Wednesdays in Kailua Town. For more information, call 536-0390 or 471-0392 or 261-0808.

## Visit ship program

The USS Badger, a Pearl Harbor-based frigate, will host "Visit Ship" on April 5, from noon to 4 p.m.

The 438-foot Badger is a unit of Destroyer Squadron Twenty-Five, commanded by Cmdr. Paul R. Erickson. It has a combined crew of approximately 260 officers and enlisted personnel.

The Badger's primary mission is to provide anti-air, anti-submarine, and anti-surface protection for military and merchant shipping, amphibious task forces and aircraft carrier battle groups.

Visitors should enter through Nimitz Gate where directions and instructions will be provided by a Marine sentry. Group tours will be

conducted, and reservations are not accepted.

Individuals not having military ID cards or proper military ID cards will park at the Naval Base Pass and ID Office lot. The Marine sentry will direct visitors to the USS Badger, a short walk away.



## Easter celebration

Sea Life Park and Waimea Falls Park will celebrate Easter Sunday with a variety of activities at both parks, including appearances by the Easter Bunny and Easter egg hunts.

Sea Life Park mascots "Fat Fred" and "Kolohe" will welcome guests and assist the Easter Bunny with two egg hunts in the "Man in the Sea" area. The first hunt, for children 6 and under, will begin at 2 p.m. The second,

for children 7 to 12, follows at 2:15.

Regular park admission rates will be in effect.

Waimea Falls Park will begin its celebration at 6:30 a.m., with the 9th Annual Easter Sunrise Service. Nursery services will be available.

"Pikake" the peacock, and the Easter Bunny will lead two egg hunts. The first, for children 6 or younger, begins at 10 a.m., followed by one for children 7 to 12 at 10:15.

## Hale Koa Easter events

The Hale Koa Hotel has a variety of Easter offerings this year.

On Easter Sunday, a Barnyard Display will be set up on the lanai adjacent to the lobby. It will be filled with lively farm animals and will be on display all day.

Begin Easter Sunday with the Hale Koa's popular Easter Brunch Buffet of fresh fruits, salad bar, homemade pastries, smoked salmon, crepes, baked ham, roast leg of lamb, made-to-order omelettes and a wide assortment of desserts.

The price is \$11.95 for adults and \$6.95 for children

under 12, plus 10 percent gratuity. The buffet will be served from 9 a.m. to 3 p.m. Enjoy live musical entertainment, plus a special visit by the Easter bunny! Advance reservations are recommended.

For evening dining, the newly-remodelled Hale Koa Room will be offering a special menu featuring complete dinners. Entrees include roast leg of lamb, fresh salmon steak, prime rib of beef, roast veal chop and

stuffed rock cornish game hen. Dinner will be served from 5 to 9 p.m., and reservations are recommended.

For information or reservations, call 955-0555.

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When you're thinking about whether to ship-over, think about the benefits you have—medical, educational and retirement. Consider your pride in your job and security. Add up what you've been working for and the time you've invested in it.

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**You can count on the Corps.**



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HMM-265 Sgt Hall 257-2788

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**S T A Y M A R I N E.**

# Courts-Martial Report

Lance Corporal Timothy L. Norton, HMM-262, was convicted during a Special Court-Martial, Feb. 28, of being UA, Oct. 16 17; and one count of larceny of government property valued at \$314.78. He was sentenced to confinement for four months; forfeiture of \$300 for four months; reduced to private; and awarded a Bad Conduct Discharge.

Lance Corporal Kevin

R. Kraft, Maintenance Co., BSSG, was convicted during a Special Court-Martial, March 7, of one count of wrongful appropriation of an M151 jeep; and larceny valued at \$1,787.92. He was fined \$500.

Lance Corporal Spm A. Browning, H&S Bn., Camp Smith, was convicted during a Special Court-Martial, March 14 of wrongfully and unlawfully making and

delivering a check with intent to defraud. He was sentenced to confinement for two months; and reduced to PFC.

Private Jerry W. Driver, (U.C.O., 3d Marines, was convicted during a Special Court-Martial, March 17, of failure to go to his appointed place of duty; knowingly and wrongfully using marijuana; knowingly and wrongfully using cocaine; knowingly and wrongfully possessing

marijuana; and breaking restriction. He was sentenced to confinement for three months; forfeiture of \$275 for three months; and awarded a Bad Conduct Discharge.

Private Stephen R. Gray, Det. Co. A, AAV Bn., 3rd. Marines, was convicted during a Special Court-Martial, March 18, of assault and battery. He was sentenced to confinement for three months; and forfeiture of \$300 for three months.



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# Movie schedule

Family Theater  
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Today and Tomorrow

Target (R). Gene Hackman. Mystery-drama. When Chris Lovel's mother is abducted while on a

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Saturday and Sunday

King Solomon's Mine (PG-13). Action-adventure. Deep in the jungles of Africa, in a cave of death, lies the wealth of King Solomon's mines... and the adventure of a lifetime.

Monday

"Bloodtide" (R). Horror Classic.

Tuesday and Wednesday

The Stuff (R). Michael Moriarty. Thriller-drama. When strange things start happening to the test group for a new dessert product, it's up to an ex-FBI man and an advertising executive to protect the country from this miracle food.



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DOORS OPEN 7:30 P.M. • DINNER STARTS 8 P.M.

TICKETS ON SALE NOW

"ORAS NANG TUWA"  
TIME FOR LAUGHTER!!!



ACCEPTED FOR TICKET PURCHASES, DINNER & BEVERAGES

### DINNER MENU INCLUDES:

- PORK ADOBO
- LUMPIA
- PORK & PEAS
- PANZIT
- BEEF ASADO
- RICE
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"LAGAYA AT SAYA"  
HAPPINESS AND FUN!!!

PAGKA-KAISA  
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HICKAM • PEARL HARBOR • SCHOFIELD • WHEELER . . . YOU ARE ALL WELCOME TO COME AND ENJOY AN EVENING WITH US & THE REYCARDS! CALL 257-2657 OR 257-2873 FOR MORE INFORMATION & RESERVATIONS.

# WINDWARD ENLISTED CLUB KMCAS

# Sports Shorts



## Intramural Golf

The Intramural Golf season tees off on April 2, at 1 p.m. For more information regarding teams, format, etc., contact GySgt. Elliott, 257-2095; GySgt. Groves 257-3573; or 1stLt. Zaben at 257-3228.

## 15K Run

Top male and female runners will gather in Kapiolani Park, April 6, for the 6 a.m. start of the Norman K. Tamanaha 15K run, sponsored by Mid-Pac Road Runners and Hawaii Masters Track clubs.

Separate age divisions for men and women are: 14 and under; five year age categories between 15 and 79; and 80 and over. Awards will

be given to the top five male and female overall finishers



and the top five percent in each division.

The entry fee is \$12 and deadline is Tuesday. The race will be limited to the first 2,000 entries.

Applications can be obtained at most running and sporting goods stores and all military bases.

## 29 Palms Rodeo

Marine Corps Air Ground Combat Center, Twentynine Palms, will hold its 9th Annual Rodeo, April 25-27, and is extending invitations to all active duty and retired military and their family

members to participate.

As in previous years, events at the rodeo will include team and individual competition, a western dance and an appearance by guest celebrity.

All Military Rodeo Association rules will apply. Entry deadline is April 14. Only mail orders or certified checks will be accepted.

For more information and entry forms, contact V. Campbell, 952-6360 (AV) or (619) 368-6360; or write to Rodeo Director, Combat Center Stables, MCAGCC, Twentynine Palms, CA 92278-5000.

## All-Marine Hopefuls

Tryouts for athletes with superior ability desiring to participate in the 1986 All-

Marine program are scheduled to be held. They are:

Soccer, April 5 and 6 at Pop Warner Field, 10:30 a.m. Lt. Lapan, 257-2346/3569.

Softball, April 5 and 6, Risley Annex, 9 a.m. Lt. Stiers, 257-3156/2583/3561.

## Ticket info

Wayne Newton — Hilton Hawaiian Hotel through Sunday. Tickets are \$25.70.

Klymaxx — NBC Arena, Saturday at 7:30. Tickets are \$15.20.

Costa Brava — Pacific Bunch or Uprah Hall on April 11 and 12. Tickets are \$35.

Starship — NBC Arena on April 19 at 7:30 p.m. Tickets are \$15.70.

Charley Pride — Sheraton Hotel on April 19 at 7:30 p.m.

Fantasia in Chocolate — Hibiscus Ballroom, Ala Moana Hotel

on April 6 at 1 p.m. Tickets are \$25.70 (\$20 is tax deductible).

Armed Forces Body Building Championship — NBC Arena on April 19, at 7 p.m. Tickets are \$4. Prejudging at 9 a.m. Tickets are \$2 at the door.

For more information call Margaret at 254-3304 or stop by bldg. 219. Hours are from 9 a.m. to 3:30 p.m. Monday through Friday.

## \$34 for A Room and Car For Two

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923-2394

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DOLBY STEREO  
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Tickets can be purchased for concerts, amusement parks, scenic tours, sporting events, theatrical productions and other attractions at the Ticket Sales section in Bldg. 219. Call 257-3108 for information.

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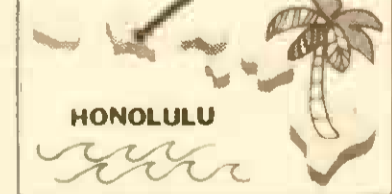
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**CONSOLIDATED THEATRES**

<b>WAIKIKI 1</b> "GUNG HO" (PG-13) 1:45 • 4:00 • 6:15 • 8:30 • 10:45 Sorry, No Passes	<b>WAIKIKI 2</b> "THE MONEY PIT" (PG) 12:00 • 2:00 • 4:00 • 6:00 • 8:00 • 10:00	<b>WAIKIKI 3</b> "POLICE ACADEMY 2" (PG) 12:30 • 2:30 • 4:30 • 6:30 • 8:30 • 10:30
<b>KUHO 1</b> "THE COLOR PURPLE" (PG-13) 1:00 • 4:00 • 7:00 • 10:00 (Thu-Sun) Mon 3:31 7:00 & 10:00	<b>KUHO 2</b> "JUST BETWEEN FRIENDS" (PG-13) 1:30 • 3:45 • 6:00 • 8:15 • 10:30 (Thu-Sun) Mon 3:31 8:30 Cont.	<b>CINERAMA</b> "CROSSROADS" (R) In Dolby Stereo 12:30 • 2:30 • 4:30 • 6:30 • 8:30 Mon 3:31 8:30 Cont.
<b>VARSITY 1</b> "NINJA" (R) 1:00 • 4:00 • 7:00 • 10:00 (Thu-Sun) Mon 3:31 7:00 & 10:00	<b>VARSITY 2</b> "ACADEMY AWARDS" 1:00 • 4:00 • 7:00 • 10:00 (Thu-Sun) Mon 3:31 7:00 & 10:00	<b>KAPILANI</b> "POLICE ACADEMY 2" (PG) 12:30 • 2:30 • 4:30 • 6:30 • 8:30 • 10:30 Mon 3:31 8:30 Cont.
<b>CINEMA 1</b> "IRON EAGLE" (PG-13) 4:15 & 10:30 "YOUNGBLOOD" (R) at 8:30 Sat/Sun 1:30 Cont.	<b>CINEMA 2</b> MOVIES OVER FRI 3:28 "JEWEL OF THE NILE" (PG) 8:00 • 10:15 Sat/Sun 1:30 Cont.	<b>PEARLRIIDGE 1</b> "WOLFE" (R) 1:00 • 4:15 • 8:30 Mon 3:31 8:30 Cont.
<b>PEARLRIIDGE 2</b> "CARE BEARS MOVIE II" (G) 12:30 • 2:30 • 4:30 • 6:30 • 8:30 Fri 3:28 "RAD" (PG) 8:30 Cont.	<b>PEARLRIIDGE 3</b> "SLEEPING BEAUTY" (G) 12:00 • 1:30 • 2:00 4:30 • 6:00 • 7:30 • 9:00	<b>PEARLRIIDGE 4</b> "APRIL FOOL'S DAY" (R) 12:45 • 2:45 • 4:45 • 6:45 • 8:45 Mon 3:31 8:00 Cont.
<b>KAM.O.I. 1</b> "FRIDAY THE 13TH PART V" (R) 8:45 "CINE-FI SOUND" (R) 10:15	<b>KAM.O.I. 2</b> GATES OPEN 6:15 "GUNG HO" (PG-13) 7:00 & 11:00 "BEVERLY HILLS COP" (R) 9:00 Sorry, No Passes	<b>AIKAH</b> "KISS OF THE SPIDER WOMAN" (R) 8:00 & 10:30 "DELTA FORCE" (R) 8:15
<b>KAILUA O.I.</b> GATES OPEN 6:15 "POLICE ACADEMY 2" (PG) 7:00 & 10:15 "POLICE ACADEMY 2" (PG-13) 8:45	<b>KOKO MARINA 1</b> "SLEEPING BEAUTY" (G) 12:00 • 1:30 • 3:00 • 4:30 • 6:00 • 7:30 • 9:00 Mon 3:31 8:00 Cont.	<b>KOKO MARINA 2</b> "CARE BEARS MOVIE II" (G) 12:30 & 2:00 "APRIL FOOL'S DAY" (R) 3:30 • 5:15 8:10 • 9:45 • 10:30 Mon 3:31 7:00 Cont.



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Check your on-base SATO (Scheduled Airline Ticket Office). See your professional Travel Agent. Or call Delta.

Schedules are from Honolulu and subject to change without notice.



# Special Services

Kaneohe Bay, Hawaii



## Outdoor equipment

The Outdoor Equipment and Scuba Center offers tents, stoves, water coolers, lanterns, sleeping bags, fishing poles, camping trailers, boogie boards, snorkeling equipment, scuba tanks, BC's, regulators and wet suits.

Scuba tanks can also be filled from 7:30 to 9 a.m. on Saturdays, Sundays and holidays.

The Center is located near Hangar 101 on the waterfront, and is open from 9 a.m. to 5 p.m., Thursday through Monday, and on holidays.

## Station Library

The Station Library has "Lonesome Dove," by Larry McMurtry. This book

embraces all the west-legend and fact, heroes and prostitutes and Indians and settlers in a novel that recreates the central American experience.

The station Library will be closed Easter Sunday. For more information call 254-3583.

## Summer Fun Program

You can register now for the eight-week summer fun program at the Air Station for children between the ages of 5 and 12.

The program will be held daily, 9 a.m. to 2 p.m., June 16 through Aug. 8. Cost is \$100 for the first youth, \$75 for each additional youth per family.

Register at Dependent Rec., bldg. 1391, through April 4. For more information, call 254-2963.

## Station Library

The Station Library has "Bob Hope's Confessions of a Happy Hooker: My Lifelong Love A Fair With Golf." One of the world's most widely known and admired celebrities, Bob

Hope, is also one of the world's most ardent golfers. He has played with everyone, everywhere, on all the world's great courses. Bob spotlights the memorable moments of more than 50 years of golfing. For more information, call 257-3583.

## Swimming Lessons

Swimming lessons will be held through April 8 and April 15 - May 6; and May 13 - June 3. Call 254-2963 for times. Cost is \$25 per session.

## Rainbow Run '86

The 10K Hospice Rainbow Run '86 will take place April 13 at 7 a.m., at Keehi Lagoon Park.

Awards will be presented to

the first active duty military finisher; the top male and female finishers in the six age categories; the oldest and youngest finishers; and the largest family participating. The first elite male and female finisher will receive a free trip to the East Coast.

Applications are available at most running stores, health clubs, YMCAs, YWCAs, Sears at Ala Moana and Pearlridge. Entry fee is \$12 and enrollment will be limited to 2,000 runners.

For more information, call 547-6410 or 547-6319.



## Religious services

### MCAS Kaneohe Bay 257-3553/3506

**Weekdays**  
11:15 a.m. — Catholic Mass  
**Saturdays**  
6 p.m. — Catholic Mass  
7 p.m. — Catholic Confession/Reconciliation  
**Sunday**  
7:30 a.m. — Catholic Mass

8:30 a.m. — Protestant Liturgical Communion  
9:30 a.m. — Protestant Sunday School

9:30 a.m. — Catholic Mass  
10:45 a.m. — Catholic CCD Classes  
11 a.m. — Protestant Worship  
1 p.m. — Samoan Congregation  
6 p.m. — Protestant Gospel Worship service

The Station Chapel is located in the right rear corner of the Marine

Corps Exchange, building 1090. Sunday School and CCD are held in the pre-school area, building 1391.

### Camp H.M. Smith 477-5098

**Sunday**  
8 a.m. — Catholic Mass  
9:30 a.m. — Protestant Worship  
9:30 a.m. — Protestant Sunday School  
**Monday**  
11:30 a.m. — Bible Study

**Wednesday**  
6:45 — Prayer breakfast  
7 p.m. — Choir rehearsal  
**Friday**  
11:30 a.m. — Catholic Mass

### Aloha Jewish Chapel Pearl Harbor 471-0050

8 p.m. — Shabat  
**Saturday**  
9:30 a.m. — Shabat and Torah Study

## What's cooking

**Today Lunch**  
Spaghetti, pepperoni pizza, french fried eggplant  
**Dinner**  
Hot roast beef sandwich, chicken A La King  
**Friday Breakfast**  
Baked sausage links, creamed beef, hot cakes  
**Lunch**  
Newport fried chicken, Bar-B-Q spareribs, steamed rice  
**Dinner**  
French fried fish portions, baked tuna and noodles  
**Saturday Brunch**  
Grilled ham steaks, bismarcks, grilled minute steaks  
**Dinner**  
Baked honey glazed cornish hens, baked Salisbury steaks  
**Sunday Brunch**  
Grilled Canadian bacon, grilled sausage patties  
**Dinner**  
Grilled steak-to-order, Bar-B-Q chicken

**Monday Breakfast**  
Oven fried bacon, grilled ham slices  
**Lunch**  
Hot roast turkey sandwich, liver Fiestas  
**Dinner**  
Swiss steak with brown gravy, deep fried fish portions, noodles Jefferson  
**Tuesday Breakfast**  
Baked sausage links, pancakes  
**Lunch**  
Chili con carne, tacos, stuffed green peppers with tomato sauce  
**Dinner**  
Roast fresh pork ham, Italian veal steak  
**Wednesday Breakfast**  
Grilled ham slices, Texas hash  
**Lunch**  
Yakisoba, egg foo young, baked meatloaf  
**Dinner**  
Breaded pork chops, simmered corn beef

**TRINITY CHRISTIAN SCHOOL**  
875 Aulua Rd., Kailua  
**QUALITY CHRISTIAN EDUCATION**  
Now Receiving Applications for 1986-87  
**KINDERGARTEN through SECOND GRADE**  
•Preschool/Day Care •Before and After School  
Call for an appointment or further information about our programs and new facility.  
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**MARCH 29TH**  
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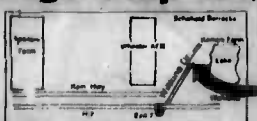
Large Ranger Rucksack, Genuine G.I. Mosquito Nets, Parachutes, Flight Jackets, USMC Ka-Bar Knives



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HOURS  
M-F 10-4  
SAT. 10-5  
SUN. 11-4

622-5538



# THE CLASSIFIED INDEX

**Telephone Service**  
235-5881 or 235-7535  
Mon.-Fri. 8 a.m.-5 p.m.

**Counter Service**  
46-016 Alaloa Street  
Kaneohe  
Mon.-Fri. 8 a.m.-5 p.m.

**Deadlines:**  
Line Ads due by 12 Noon - Tuesday  
Class Display Ads due by 4:00 p.m. Friday  
CANCELLATIONS & CORRECTIONS due by 12 Noon-Mon.

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## FIVE EASY WAYS TO WRITE AN EFFECTIVE CLASSIFIED AD

**1 Tell the whole story.**  
Make your ad stand out from its surroundings by giving all the information a buyer needs. Capitalize on well-known brand names. The idea is to sell a product quickly, not write the briefest ad in the world.

**2 Be to-the-point**  
Your prospects are busy people. Tell them what they want to know without wasting their time. Enough said.

**3 Mention the price**  
After all, when was the last time you didn't take price into consideration! If you're willing to go down in price, mention that too. Or, "best offer" is another way of saying "let's talk."

**4 Avoid abbreviations**  
Don't assume that your prospects are familiar with your personal shorthand. A confused reader won't take the time to sort out your meaning.

**5 Be available**  
Be home when your ad is running or specify the hours you can be reached. Many people will not bother to call back if they can't reach you the first time.

## THEN WHAT?

OK. You've followed this easy handful of pointers and you've written yourself a good, hardworking classified ad. Now make it really work. Run it in the classified sections of the Sun Press and MidWeek publications.

CALL  
235-7535 or 235-5881

**Sun Press**  
**MidWeek**

### 20 LOST & FOUND

LOST: Blue Nike bag in Lanikai. Sat. camera, snorkel, etc. 262-0137 Reward

FOUND: male pit bull pup, 8-10 wks. old. at Kailua Dump. Call evens. 254-4817

BLACK male dog friendly, med. size, 1 yr. old. Lost on Schofield. Call 624-2285

LOST - Albino Cockatiel, Mililani area. Call 623-6615

FOUND: In Pohakupu, Golden Retriever, approx. 1 or 1 1/2 old, w/blue collar. 281-2864

LOST: Cat, female, white w/gray tail & ear. Kaneohe Bay area. 247-1428

### 25 PERSONALS

It's easy to charge it. Visa/MasterCard pays for Sun Press Classified. 235-7535 or 235-5881

**THE DIVINE**  
Prophets are universal Educators, and the fundamental principles they have laid down are the causes and factors of the advancement of nations...Baha'i writings...Join us every Wed. 8 P.M. The New World Video... 191 Kuulua Rd., Kailua... Ph. 239-6852

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DRIVE For Success. Car Waxing & Cleaning. Free Pickup & Delivery. 526. Ph. 847-8122

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### 30 INCOME TAX SERVICE

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### 31 HOME IMPROVEMENT

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### 34 HEALTH SERVICES

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### 35 PERSONAL SERVICES

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- 2 Garage Sale Signs
- Inventory Sheets
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A classified ad here will attract lots of interested buyers. Our garage sale kit will ensure success!

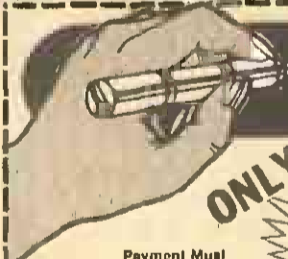
PLACE YOUR GARAGE SALE AD TODAY!

## Sun Press

Publishers of Hawaii Navy News, Air Force Sun-Flyer, Hawaii Marine and Sun Press newspapers.  
46-016 Alaloa St., Kaneohe, HI. 96744 Phone 235-5881

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Your classified ad in the SUN PRESS could be the biggest seller you'll ever write. Simply write your ad on the handy order blank describing each item you want to sell and be sure to give the price you want for it. List your phone number and the hours to call. Be sure to print, using a pencil, ballpoint pen or typewriter. Your ad will reach over 107,420 suburban homes on Oahu via the SUN PRESS, Hawaii Navy News, Sun-Flyer and Hawaii Marine. Deadline: Tuesday 12 Noon Sun Press for the upcoming Thursday edition.

ONLY \$318 Per Line Per Week  
2 Line Minimum Includes Tax

Please DO NOT ABBREVIATE allow one square for each letter and punctuation; leave space between words. HALF PRICE Line ad with subscription coupon, good for one week only during 30 day period. (Sorry, No Phone Orders Accepted On This Offer.) Please run the following ad's for (circle one) 1234 Weeks.

FIRST LINE	2 Lines \$6.36	3 Lines \$9.55	4 Lines \$12.73	5 Lines \$15.92	6 Lines \$19.10	7 Lines \$22.28
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NAME \_\_\_\_\_ CLASSIFICATION NUMBER \_\_\_\_\_  
ADDRESS \_\_\_\_\_ VISA OR MASTERCARD NO. \_\_\_\_\_ EXP. DATE \_\_\_\_\_  
CITY \_\_\_\_\_ ZIP \_\_\_\_\_ SEND TO: SUN PRESS  
46-016 Alaloa St., Kaneohe, HI 96744  
PHONE NUMBER \_\_\_\_\_ WORK NUMBER \_\_\_\_\_ PH. 235-5881 or 622-3966

### 35 PERSONAL SERVICES

WHAT do the stars say about you? Astrological interpretations 262-4405 birth charts-\$12, compatibility-\$18.

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HANDI-MAN Services, 10 yrs. exp., carpentry, cabinets, plumbing, electrical, yard work, etc. Phone 672-5512 Greg

FELIPE Yard and Housecleaning. Call 261-5050 between 2:00 and 8:00 p.m.

### 35 PERSONAL SERVICES

DIVORCE WITH DECENCY  
Impartial mediation of contested divorces by experienced divorce attorney.  
Bradley A. Coates 373-3669

YARD service complete, reasonable & dependable. "Specializing in Windward & Hawaii Kai areas" Free estimates. 281-5945

HOUSE cleaning - 1 time or weekly. Fast, thorough, reliable. Judy 942-0999

NEW SOCIETY - complete janitorial & yard service. Free estimate. 528-4318

### 35 PERSONAL SERVICES

WE service all makes & models of all major appliances. We also sell new & reconditioned appliances. One day service for most parts of the island. Call Aaro Appliance. 235-2677

VIDEO Taping: Weddings, Graduations, etc. All formats. Affordable. 623-0537

RJM PAINTING. Very reasonable. Very neat. Free estimate. Call us or we both lose. To \$100. 531-2803

MALE 50ish, loves writing beautiful letters, seeks pen pals. Write 436 Namahana St. Apt. #2, Honolulu, 96815

### 0 FREE BEES



Your ad is FREE if you're giving away something! Just call 235-5881 (except Mondays).

FREE: Kittens, 6 weeks to good homes. Call 621-5815

FREE: to good home. 1 yr. old male dog, part Rotweiler. Call 239-8872

FREE: loveable male brown dog clean/healthy w/short hair 254-2617

FREE: Yorkshire Terrier, sandy brown, dog house included, 8 mos old 422-4540

FREE: Grooming for seeing eye dogs. Call 254-5518

FREE: Kittens 8 weeks old, blue eyed, black & white 395-3498 Leave Msg.

### 8 CARDS OF THANKS

TO ALL OF OUR FRIENDS and extended Ohana, the family of the late Peggy Sinclair, would like to send his heartfelt mahalo. At a time when we were left shocked and full of grief over our loss, friends came through and somehow, the caring eased the blow. Thank you to those kind and generous people who sent clothing and gifts for her boys. To those who didn't leave their names for personal thank you's, you are in our hearts and our prayers. Special thanks to the Sun Press, staff & management, BJ Furniture store & management and the Aisin Beale family for their warm generosity. Again, Mahalo. The Sinclair Family

### 10 CEMETERY PLOTS

4 PLOTS, \$900 ea., \$3200 for all. Haw'N Memorial Park, Pacific Slope, 947-7010 evens.

### 15 ANNOUNCEMENTS

### LOCAL HOUSEHOLD MOVING

Let us move the heavy items. Time starts at your door or piece rate quoted.  
**S&S DELIVERY**  
395-7295 833-1857

### PHOTOGRAPHY

**WORKSHOPS/SEMINARS**  
You're a Working Photographer or Aspire to be One  
You Need Our FREE Course Bulletin  
CALL 948-3333

35 PERSONAL SERVICES

ALTERATIONS, custom sewing & redesigning. Military work also. 10 yrs. exp. 254-5044

EXPERIENCED tutor for you or your child, any age, \$10/hr. Call 838-8197 evens.

MASSAGE by appointment. Lic. 002. Phone 486-2011

ANN'S Cleaning Service. Floor stripping & waxing. Home/condo/move out. 373-4559

DIVORCE Serving Oahu Since 1977 \$11500 533-4533

STORAGE Special: Lrg. locked storage room available to share. 18¢/cu. ft. Individual lockers in 8 sizes from \$8.95. Primo Mini-Storage. 467-2098

PARTY/Special Floral Centerpieces \$3/up. Beautiful/natural dried. Call 638-7147

8mm FILMS transferred to video cassette. broadcast equipment w/lowest prices guaranteed. Call Open Iris 456-4155

SPECIAL - Now thru the month of April. Tinting on all trucks \$65. Call Kailua Auto Tinting. 261-1918

TELEPHONE Installation \* Residential \* Commercial Additions, Moves, and Changes Call Al 734-0537

HANDYMAN, carpenter, electrical, painting, roofing. Free estimates. 262-2052 John

WILL haul your rubbish, clean your yard, and do general landscape work. Reasonable rates. Scott 261-0695 or Bruce 262-5694

PREGNANCY PROBLEM CENTERS Free pregnancy test. Confidential. Walk in. We'll help. Call Alea - 487-7087 Honolulu 942-0328 Kailua - 262-2171 Wahiawa - 622-1532

MAINTENANCE, repair, remodel, reliable. Refs. 4 day/day or bid. Free est. 235-4002

SUNDAY Photographer will photograph anytime, anywhere, Sunday & evenings only. Phone 689-8438

BODY Tody: pure concentrated liquid form of natural minerals. Testimonials. 373-2236

HOUSE Cleaning - detailed, sparkling & reliable. Call Lynn or Elaine 247-0199

THE Typing Specialist reports, letters, resumes. Fast, accurate. Call 455-4048

30 RESUMES

WINDWARD (and LEEWARD) RESUMES, ETC. PERSONALIZED WRITING. Kailua 261-7524 538 Uluhaku St., Kailua, HI. Pearlridge Ctr. 488-8381 Bank of Hawaii Bldg. #815

AAA LOCAL OR OVERSEAS JOB WINNING RESUME Creative Commercial Writing "By Hawaii's Oldest/Largest" Professional Resume Service MILITARY/1 EXPERTS All Careers/Job Guidance Free Consultation Downtown 521-7901 735 Blaup Street, #238 University 942-3644 1019 University Ave., #7B

PIANO Lessons, Kaneohe Area. Call Jean at 235-4432, 841-1196

PIANO & voice instruction (all ages) by concert pianist/singer. Your home or mine. Call 524-1164 or 524-5411

TUTORING most subjects, certified. Ages 10 & up. Salt Lake to Alina Halna. Mrs. Yaka 531-8473 evenings.

LOSE weight all natural way and/or earn \$400-\$1200 part time. \$400-\$6000 full time. Call today. 239-9658 ask for Stan

WOODSHOP, fully equipped. Includes lense & operator, \$15,000. Ph. 538-3511

NEED extra \$\$\$, sell Avon, for more info. Call Nancy at 422-7962

EARN 35-50% \$5-\$15 One time fee. Free training. Avon. Call Jo 395-6970.

WANTED People to give home parties to sell solid 14K gold jewelry. Commissions paid on all sales. Great way to make extra money. Call 734-3925 for further information

THE HAWAII JOB BANK, LTD. 924-3761 for FREE info anytime

ALOETTE Cosmetics needs salespeople! No investment. Great benefits. Earn while you learn! Call 396-7548

60 HELP WANTED M/F

TWO YEARS IN THE ARMY COULD GET YOUR CAREER ROLLING.

Today's job market is a real jungle. Everyone wants experience, but no one's willing to give it. The Army's different. Consider this: if you invest just two years in the Army, you could come out with valuable experience in a skill of your choice. The Army has a wealth of two-year skills to choose from. Skills in Armor, Engineering, Communications, and more. Many of these skills have civilian job applications. So you won't go into the interview empty-handed. Don't stall. Take off in a new direction with a two-year Army enlistment. Call your local Army Recruiter for details. 456-5906 739-6681 622-2769 235-6491 847-3905 671-3934 ARMY. BE ALL YOU CAN BE.

RN's Hawaii Calls!

RN's treat yourselves to a working vacation in a year-round sunny climate. The Queen's Medical Center is expanding its facility and is in need of RN's for a variety of positions that will allow you time at work and time at the beach. Positions available in Medical/Surgical, Intermediate and ICU areas. All positions require at least one year RN experience. Willing to train for Intermediate and ICU areas. For further information, call "collect": Gail Lerch, RN, Nurse Recruiter, The Queen's Medical Center 1301 Punchbowl St., Honolulu, HI 96813; 808-547-4355

TEACHER'S Asst.-Christian Preschool in Kailua. Immediate 2:30-6:00 p.m. 262-8501

UNIQUE Business Group has jobs available for experienced or inexperienced demonstrators. Must be free to travel. 2 week paid training. Call Mr. Childers 281-6020

EARN \$1000-\$6000 A Month. 4 full or part-time positions need to be filled now! We will train. Call John at 824-5177

COUNSELOR Trainees Wanted. No Exper. nec. Call Dianatics 942-8123, day or night

DELIVERY person, Mon-Fri. part-time, good driving record. 834-2706

PAPA ALDO'S Take & Bake Pizza Shop NOW HIRING FOR GRAND OPENING KANEHOE STORE Part time & full time positions available. Flexible hours. WINDWARD CITY SHOPPING CENTER (next to McDonald's - Kaneohe) 235-7576

ATTENTION! GUILD MORTGAGE CO. is seeking qualified personnel to enter mortgage banking field as loan officers, military welcome. This can be a most rewarding career both personally and financially. openings in Az., HI., Ok., Cal., Tx., Md. & Va. interviews will be held in Hawaii, April 9-11. Please send resume to: Robert E. Hunter, Sr. Vice-President, Guild Financial Express Co., P.O. Box 85711, San Diego, Ca. 92138. For appt. ph. 619-560-7711, Vivian Warner. Equal Opportunity Employer. MF

60 HELP WANTED M/F

60 HELP WANTED M/F

Join Our Winning Team! Action...And A Tradition of Excellence

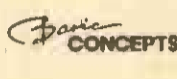
By the end of May, C.S. Wo & Sons will open 3 new stores in the Windward Mall - B.J. Furniture, Scandinavian Gallery and Basic Concepts.

We need enthusiastic people of action... people always ready to give a sincere extra effort. Our goal is to serve the residence of the Windward Community in our 77-year-old tradition of excellence. That means we need the BEST people we can find.

We need leaders and other team members for active, challenging, rewarding positions in management, sales, stock handling and office work. We're looking for people who care about people.

If you're interested, please send us a brief letter telling us which position interests you, along with a resume or summary of work experience.

C.S. WO & SONS, LTD. Human Resources Department P.O. Box 1417, Honolulu, Hawaii 96806



TAKE ADVANTAGE of the most exciting opportunity in Hawaii! Earn \$400 to \$800 a month working only 7 to 10 hours a week. Drive a new car free and meet exciting people! Many other benefits! For further information, call Judy or Wayne at 422-4771

GOVERNMENT JOBS \$16,040-\$59,230/yr Now Hiring. For brochure call 850-687-8000 Ext. R-4031 for current federal list.

ARE YOU PAID WHAT YOU'RE WORTH? Will train you for a career in Real Estate. Century 21 Pali Properties Call Ken at 254-5888

CHALLENGING PART TIME POSITIONS AVAILABLE FOR ENERGETIC SELF STARTERS

AREA MANAGERS NEEDED IN: HAWAII KAI • WAHIWA • PEARL HARBOR HOUSING. WORK WELL WITH CHILDREN. OWN VEHICLE. GOOD SALARY, MILEAGE AND BONUSES.

CALL GINNY AT: 235-5881

VAN Driver, looking for energetic person wanting to transport mothers and children to programs. Hours must be flexible. Hawaii drivers license required. Apply to: ASYMCA bldg 122, Wheeler AFB, HI 96854 no later than 4/11.

KITCHEN helper/housekeeper on call. Certified nurse and on call. Apply at Lunalilo Home 501 Kekaulohi St., Honolulu, HI 96825.

PRINCIPAL real estate broker for corporation. Ph 538-3511

TELEPHONE APPOINTMENT PEOPLE needed to work in Kailua part-time. Call Pam at 261-7511 for appointment.



ST. CHRISTOPHER'S EPISCOPAL 93 No. Kainalu Dr., Kailua 7:30 p.m. Maundy Thursday Eucharist & Stripping of the Altar 12 Noon Good Friday Service 8:00 p.m. Holy Saturday Easter Vigil Service & First Eucharist of Easter EASTER DAY 7:15 a.m. Holy Eucharist 9:00 a.m. Holy Eucharist

WINDWARD UNITY CHURCH EASTER SUNRISE SERVICE Boettcher Estate, 248 N. Kalaheo in Kailua at 6 a.m. featuring traditional Hawaiian music and dance, and the blessing of the flowers. At 9 a.m. our indoor Easter Service will be held at Maunawili School corner of Ulupii St. and Kalaniana'ole Hwy. in Kailua. We will present our Easter Choir and balloon release. Gregory Barrette, Minister Ph. 261-7140 for more information Dial-a-Prayer 262-9208.

WINDWARD COALITION OF CHURCHES EASTER SUNRISE SERVICE at Camp Kalani near the boat ramp in Kailua. David Lochhead will be the guest speaker in Theologian & residence.

THE GOOD SHEPHERD PENTECOSTAL HOLINESS CHURCH 355 No. Kainalu Dr., Kailua Sunday Morning Easter Sunrise Service at 5 a.m. Easter Celebration Service and Communion at 10:30 a.m. No Sunday night service. Pastor Adrian Yuen Ph. 262-2341

WINDWARD 1. Bayview Chapel 2. Emmanuel Episcopal 3. The Good Shepherd Pentecostal Holiness 4. Hope Chapel 5. Kailua United Methodist Church 6. Pali View Baptist 7. St. Christopher Church 8. St. Marks Lutheran 9. Trinity Presbyterian Church 10. Windward Coalition of Churches 11. Windward Unity Church HAWAII KAI 1. Holy Trinity Church 2. Hawaii Kai Baptist Church 3. Hawaii Kai Community Church 4. Kalama Baptist Fellowship of Hawaii Kai Baptist Church 5. Makiki Christian Church Hawaii Kai Congregation 6. Hawaii Kai Christian Church

ST. MARK LUTHERAN 45-725 Kam Hwy., Kaneohe 7:00 a.m. Easter Service Hawaii Loa College-Outdoors 8:00 a.m. Easter Breakfast at Church 9:00 a.m. Easter Egg Hunt 10:00 a.m. Festive Eucharist Service All Welcome Ph. 247-4565

EMMANUEL EPISCOPAL CHURCH 780 Keolu Dr., Kailua • 262-4548 March 27, Maundy Thursday 7:30 p.m. Holy Eucharist, Stripping of the Altar March 28, Good Friday 7:30 Stations of the Cross March 30, Easter Sunday 5:30 a.m. The Great Vigil and Holy Eucharist 9:00 a.m. The Renewal of Baptismal Vows and Holy Eucharist

BAYVIEW CHAPEL Assembly of God will have a special EASTER SERVICE open to the public Ben Parker Elementary Cafetorium Sunday, March 30 at 9 a.m. For more information call 247-4030

EASTER SUNRISE SERVICE at HAWAIIAN MEMORIAL PARK 6 a.m. - Sponsored by - Kailua Baptist Kailua Church Assembly of God Kahaluu Baptist Calvary Episcopal Bay View Chapel Calvary Episcopal Windward Lighthouse Assembly of God Kaneohe Samoan Assembly of God Palivue Baptist Church of God of Prophecy Windward Missionary Rev. Malcolm Stuart will be preaching. For more info. 247-4271

REJOICE! COMMUNITY SUNRISE SERVICE SUNDAY, MARCH 30, 6:00 A.M. Maunaloa Bay Beach Park sponsored by: HAWAII KAI BAPTIST CHURCH HAWAII KAI COMMUNITY CHURCH KALAMA BAPTIST FELLOWSHIP OF HAWAII KAI BAPTIST CHURCH MAKIKI CHRISTIAN CHURCH HAWAII KAI CONGREGATION HAWAII KAI CHRISTIAN CHURCH HE is Risen!

Eggs, Bunnies, and the Resurrection of Jesus... what do they offer you? A new start, a better future. Come join us this Easter. You'll be glad you did... Services are at 8 a.m. and 10 a.m. this Sunday. We meet at Kapunahala Elem. School on Anoi Rd. in Kaneohe. For more info. call 254-6464. HOPE CHAPEL WINDWARD OAHU

A HAPPY AND HOLY EASTER FROM HOLY TRINITY CHURCH 5919 Kalaniana'ole Highway Honolulu HI: 96821 Ph. 396-0551 THE EASTER TRIDUUM HOLY THURSDAY Mass of the Lord's Supper - 7:30 P.M. GOOD FRIDAY Celebration of Lord's Passion - 7:30 P.M. Afternoon Prayer Service 1:30 - 2:30 P.M. Stations of the Cross 2:30 - 3:00 P.M. EASTER Holy Saturday/Easter Vigil - 7:30 P.M. Easter Sunay - 6:30, 8:30, 10:30 A.M., 12:30 and 5:00 P.M.

KAILUA UNITED METHODIST CHURCH 1110 Kailua Road (Makai of Windward YMCA) Maundy Thursday Christian Seder Meal 6:30 p.m. Holy Communion 7:30 p.m. EASTER CELEBRATION SERVICES 8:30 & 10:30 a.m. Child care at each service "HE WHAT?!" N. Robert Kesler, Pastor Gary Peterson, Assoc. Pastor Sanctuary Choir & Brass Lorna Mount, Dir. Call 261-6238 for information.

WE INVITE YOU TO REMEMBER "WHY JESUS DIED" on Good Friday at 7:30 P.M. and WE INVITE YOU TO CELEBRATE "OUR LORD'S VICTORY OVER DEATH" on Easter Sunday 10:45 A.M. Special Music Your Friends At Trinity Presbyterian Church 875 Auloa Road • Kailua, Hawaii 1/2 Block off Pali Hwy. Nursery Care Provided

# Service Directory

Two (2) Lines ..... \$5.54 Per Week  
To Place Your Service Directory Ad Call 235-5881 or 622-3966  
Use Your VISA or MasterCard

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ACTION Appliance Recyclers Hawaii We Buy/Sell and Repair. Ph. 735-9990

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HOUSEWIVES FOR HIRE  
Quality housekeepers for quality homes. Call 237-8659

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NOE'S Excavating & Grading, excavation, grading, demolition, trenching. Free estimates Lic. C-13377. Ph. 456-3331

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ADDITIONS, remodel, repairs, Merit Builders. BC5680. Ph. 455-2159, 622-3173

PATIO AND NEW Additions, Repair, Remodel. Clifford Iwane C-4477 Ph. 677-4695

**HANDYMAN**  
K & D HANDYMAN SERVICE  
Large or small, we do it all!  
For free estimates, call Ken 235-4633

**HOME IMPROVEMENT**  
THE RENOVATORS  
from screens to complete remodeling. Lic. C-13182 Chris Emerson 237-8659

**INCOME TAX**  
HAWAII KAI INCOME TAX SERVICE  
Fast, reliable & inexpensive. file now for early refund & \$10 discount. 395-0197

PROFESSIONAL In Home Tax Service at no extra charge. Specializing in Military, Small Business & all out-of-state tax returns. Reasonable Rates. Call 523-3938

**MASONRY/FENCING**  
HOLLOW tile, redwood, fences, concrete driveway, slabs, home extension. Free est. Charles 486-3340 BC7828

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MOVING, hauling & deliveries. lowest rates. Free estimates. Tim 235-6828

**PAINTING**  
LEES PAINTING, 20 yrs. business exp. Residential Lic. C-3858. Ph. 247-1454

**ROOFING**  
STATE ROOFING, INC.  
General Roofing. Free Est. 24 yrs. exp. Lic. EC-12135. Ph. 247-2421, 238-4089

**STUCCO**  
C&K PLASTERING & PATCH SPECIALISTS  
Interior/exterior. No job too small. Cover tile walls. Free est. 235-2826

**YARD/TREE SERVICES**  
DESMOND YARD SQUAD  
Gen. cleaning, trimming/hauling. Monthly rates. Free est. 262-7571 ask for Desmond

JASMINE Gardening residential and commercial yard maintenance, cleanups, tree service, exper. insured. Armando 254-1341

FRED DOMINGO Gen. Yard Care, hauling, lot/apt. cleaning. Free Est. 422-7426

**60 HELP WANTED M/F**  
TYPIST, accurate, to train on photo type-setter. Hawaii Kai resident preferred. Approx. 40 hours per month. 395-4499

BOOKKEEPER, part time. Kaneohe area. Call 247-2411

MEDICAL Otc. Clerk ..... to \$1000  
Windward. Entry level. Familiar with medical terms, gen. ofc. skills ..... Sol  
SECURITY JOBS CORP. .... 254-6422

NEED 7 people by Friday!! Earn \$3000-\$5000 mo. No Exper. nec. Chr's 261-8279

INCREASE Your Income w/All Natural Products. No door to door required. Must be assertive, aggressive, and have a commitment of wanting to help others. \$400-\$1200 mo. part time. \$2000-\$6000 full time. Call Jerrie 833-7323

**NURSE AIDES, PERSONAL CARE AIDES, & COMPANIONS**  
\$25 SIGN UP BONUS!! you work 80 hrs. before July 1st. WE PROVIDE TRAINING - MPP NEEDS YOU!!  
CALL 955-1102

**MEDICAL PERSONNEL POOL**  
Bring this coupon in with you.

KOKUA Employment  
787 Kailua Rd. #101  
Many Jobs Openings. Ph. 262-8137

STYLIST & manicurist full & part-time flexible hours. Enchanted Lake. 262-9175

ATTN: Engineers, Technicians, Designers, Draftsmen, & EDP personnel. Are you making what you're worth? Hawaii needs to get in step w/mainland salaries. Attend a free seminar to remedy the situation. Call Dean Alan for reservations 487-2295.

GARMENT Mfg. part time help. Sat. & afternoons. Exp. fabric layer/cutter. Single needle operators. Helen 235-0035

AVONI Own your own business, be your own boss. Call Kathy 239-6997

EXTRA cash, piece work at home for local company. Call 533-7268

**\$\$\$ SUMMER MONEY??**  
**\$\$\$ WE CAN HELP!**  
**\*ATTENTION\* MILITARY AND SPOUSES**

HAVE THE BEST SUMMER EVER. TAKE THAT HOLIDAY TRIP TO VISIT GRANDMA OR BRING GRANDMA TO HAWAII

Earn Extra Money  
Part-time \$6 per hour  
5:30 to 9:00 p.m. Mon. thru Fri.

We need part-time workers immediately to train for our newly established "discount buying Warehouse Outlets." Specializing in clothing, jewelry, radios, toasters, furniture, TVs, microwaves, baby furniture and many more appliances. Following areas are available: Honolulu, Pearl Harbor, Salt Lake, Wahiawa, Barbers Point and KMCAS. Other Benefits Include: Advancement Bonuses and Incentive Pay.

Call  
**486-0173**  
ask for Judy

**62 HELP WANTED DOMESTIC**  
HELP wanted to care for elderly person. For more info., call 261-6610

TEENAGER to baby sit 2 mo. old infant, occasional evenings. Milliani 625-0886

WANTED part-time housekeeper/Girl Friday. 12 hrs a wk. Student acceptable. Enchanted Lake area. Call 263-4672

BABY sitter needed for 6 week old baby. 36 hrs./wk. Mon.-Fri. Call 625-0868

**63 SITUATIONS WANTED M/F**  
HOUSECLEANING w/Loving Care. Mature minded. Dependable. Refs. Judy 847-0190

HAWAII Kai mother will sit M-F. Aged 0-3 years old. In her home. Call 395-3951

WILL care for an elderly person in my home. Home Health Care and nurse aide exp. Very reasonable rates. Long or short term. Call Jacquelyn 239-5169

CHILD care in my Kailua home. Lots of love. Call evenings 261-2630

EXPER. loving child care in Milliani. Meals, snacks, and crafts. 625-1928

CHRISTIAN mother will give loving childcare in my Milliani home. meals & snacks provided. Monday/Friday, full time only. Phone 823-7347

**68 GARAGE/LANAI SALES**  
It's easy to charge it. Visa/MasterCard pays for Sun Press Classified. 235-7535 or 235-5881

BALI Clothes Sale: prices under retail. Sat. 3/29. 9 to 3, 156 Kailua Rd., Kailua

EASTER/Spring Basket & Plant Sale: Sat., 8 to 12 noon. 323 Auwinala Rd., Kailua

MOVING Sale: sofa & loveseat, dressers, microwave, washer/dryer, Xmas tree, dinette, speakers. misc. 747 Malunui Ave., Kailua. Sat., Mar. 29, 6:30 to 2 p.m. Ph. 262-8850

GARAGE Sale: Sat. 3/29, 8-1, 647 Kemaka Pl., Kailua, misc. Ph. 261-7466

ALL GARAGE SALE ADVERTISERS  
Pick up your FREE garage sale signs at MIDWEEK MAGAZINE and SUN PRESS in Kaneohe. 46-016 Alaloa St. 8-5 Mon.-Fri.

SUPER Sale: Sofabed; clothing; much more. 9 to 5, Apr. 5&6, 48-215 Ohala, Kaneohe

KANEOHE - 46-193 Lilipuna Rd. Sat. only 8-3. 2 student desks w/adjustable chairs, mini trampoline, surfboard & misc.

GARAGE Sale: Sat. Only 8 to 12, gas dryer, super single water bed, dresser, gas lawn mower, weed eater and more! 659 Iana St., Kailua. Ph. 261-5808

GIANT Moving Sale, couches, beds, dresser, bar, beermeister & tons of misc. Sat. Mar. 29, 9-4 p.m. Lanikai, 112 Haakea Dr.

GARAGE Sale: furn., windsurfing equip., books, toys, car 3/28 & 3/29. 9-3, 261-4937

IPUNAHOU-UH. Sat. 9-2, 3/29, 2212 Wilder Ave. Household furnishings & lots of misc.

BIG Garage Sale April 5&6 7:30-3, 94-441 Hoianiku St., Milliani. Ph. 623-1213

HIC 5'9" round pinnail surfboard, shaped by Chuck Andrus. 247-0010

GARAGE Sale: Moving, Desk, beds, chairs & misc. 556 Iliaina St., Kailua. Sat. 3/29, 8-3

**68 GARAGE/LANAI SALES**  
MILLIANI 95-233 Aumae I p. Sat. & Sun. 8-3 Moving in sale. Hshld furnishings & misc.

GARAGE Sale: Hawaii Kai, 495 Kawainae St. from 8 a.m., March 30.

**73 APTS. FULLY FURNISHED**  
KAILUA studio, single employed non-smoker, nr. bus \$385 mo. Call 261-1420

MAKAUA Village - Kaneohe 1 1/2 bdrm. \$600. Jett Pacific Prop. 247-6621; 235-6196

**WAIPAHU TROPICANA WEST**  
\*\*\*\*\*  
Newly refurbished apts. w/appliances, carpets, drapes, parking, pool.  
\*\*Accepting applications now.\*\*

2 bdrm./1 1/2 bath ..... \$575  
3 bdrm./2 bath ..... \$650

**Chaney Brooks & COMPANY**  
DIVERSIFIED REAL ESTATE SERVICES

94-207 Walpahu St., Rec. Center  
Mon.-Fri., 9 a.m.-5:30 p.m.  
671-2808, 671-2809

**75 APTS. PARTLY FURNISHED**  
MILLIANI 2 bdrm., washer/dryer, dishwasher, pool, 2 parking stalls, \$650 a mo. Call John at 623-7033 evens. 655-1817 days.

APTS! Rent Mar! has all areas, sizes, prices. 943-0092 till 8 p.m. Open Sun. too! Fee

STUDIO oceanside with king size waterbed \$525. utills. Incl. 237-8390 Kaaawa

KANEOHE cozy apt., utills. \$325 or 2 bdrm., lanai, stall \$510. 943-0092 Rent Mar! Fee

PEARL apt. utills. \$400 or lge. 2 bdrm. \$475. 943-0092 Rent Mar! till 8 Fee

WAIPIO Gentry, new apt., plus kitchen, plus lanai, washer/dryer. Ph. 671-8281

**78 RENTALS TO SHARE**  
ROOM to rent in Kailua house. Single woman pref., quiet, non-smoker. Must like animals. \$300 mo., share utills. 261-8349 after 6 p.m.

KALIHU furn. 2 bdrm., female/same to share. \$175 month. Evenings 845-3616

NEED one other to share 4 bdrm quiet house on K-Bay, no smokers, kids or pets. \$270 incl. utills. 247-4653 or 247-6707

TRIPLER era, own room in 2 bdrm. home \$380 incl. utills., cable, wash/dry 836-4622

HAWAII KAI, own room, female/share w/same. Run of furnished townhouse/yard, piano, parking. Refs. 395-8105

NEED 3rd officer. Large open fully furn. house nr. Kailua beach. Ph. 262-5445

AAA Kaneohe mountain view home to share, color TV, cable, HBO, laundry, parking. \$290. Avail. 4/1. 235-5478

KANEOHE house to share, lge. beautiful home w/fish pond & waterfall, priv. bath, utills. incl. \$275. Ph. 487-1003, 235-0803

**81 HOUSES FURNISHED**  
KAA'AWA near ocean. 3 bdrm., 1 1/2 bath, pool, paddle tennis, volleyball, water incl., no pets. \$900. 261-4332

**83 HOUSES PARTLY FURNISHED**  
REDUCE Your Rent 80% or more! Group Presentations Only. Al 521-1303.

3 bdrm, 1 1/2 bath, w/fence. 689-0084 or after 5 p.m. 889-7005

LANIKAI fantastic view 2/2 + den \$1300 a mo., 1071 Koohao Pl., Ph. 262-7757

HOUSES! Townhouses! Rent Mar! has one for you. 943-0092 till 8 p.m., 7 days. Small Fee

PEARL home, utills. \$400 or huge 3 bdrm. utills., lanai \$675. 943-0092 Rent Mar! Fee

KANEOHE - Pikoioia 3 bdrm., 2 bath, fam. rm. enclosed dry. \$900. Ph. 247-5823

KANEOHE - Ahuimanu 3 bdrm. \$750. Jett Pacific Properties 247-6621; 235-6196

KAILUA cozy home, utills., \$400 or cottage \$450. 943-0092 Rent Mar! 7 days Fee

KANEOHE beautiful bayview, new 2 bdrm., 1 bath duplex, 5 mins. to KMCAS, no smokers or pets. \$825 + utills. 247-6574

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WE HAVE THE LOWEST PRICES IN TOWN. CALL & COMPARE.

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**1.75%**  
Locally owned and operated.  
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UP TO FOUR FREE MONEY ORDERS WHEN CASHING CHECKS  
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**83 HOUSES PARTLY FURNISHED**  
KANEOHE 3 bdrm., 1 1/2 bath \$850/discount. Phone 239-8008 after 2 p.m.

**85 CONDOS/TOWNHSE PART. FURN.**  
PUU ALII - Kaneohe, Best View, 2 bdrm., 2 bath. \$900. Jett Pacific Properties 247-6621; 235-6196

HAIKU Hale-Kaneohe, 3 bdrm., 2 bath, washer/dryer, drapes & carpet, \$700 mo. Avail April 1. 531-7862 or 923-9452

KANEOHE Puu Alii 3 bdrm., spacious townhome, \$1100 mo. Call Joe Craver 235-1872 or 235-0551

KAILUA-Aikahi Gardens-3 bdrm., 2 1/2 bath, near schools, KMCAS, new paint, drapes, carpet \$650. 254-2947

KANEOHE 3 bdrm., 2 bath, \$725 a mo., on bus line. Call 262-9411

**87 CONDOS/TOWNHOUSES UNFURN.**  
KANEOHE 3 bdrm., 2 bath \$700 a mo. Avail. 4/1. Call after 6 p.m. 661-8348 collect

**88 ROOMS FOR RENT**  
It's easy to charge it. Visa/MasterCard pays for Sun Press Classified. 235-7535 or 235-5881

ROOMMATE wanted prefer female, private lakefront home, spacious & clean video/TV, microwave, master bdrm. w/bath \$395 incl. utills. Ph. 261-3886

KAILUA 2 bdrm., Aikahi Garden to share \$350 a mo. Call Mike 254-3803

KAILUA rooms for rent fully furn., washer/dryer, \$250 & \$280 mo. + 1/3 utills. Call 262-7435

OCEANFRONT \$450. Magnificent view Kaneohe Bay, boat slip avail. Call 235-6266 7a.m. to 8:30 a.m. or after 4:30 p.m.

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**93 VACATION RENTALS**  
LANIKAI 1 or 2 bdrm. apt \$50 to \$65 a day. Available now. Call 262-9359

KAILUA vacation rentals, near beach. Call 261-5174

KAILUA lovely bdrm. & bath, nr. beach, private entrance. Call 262-8073

KAILUA/Kaneohe Bay on water, Spacious 2 bdrm. bungalow, delightful Haw'n, setting. Completely furn., washer/dryer. 254-5311

MOLOKAI Wave Crest, sleeps 4, beach, pool, \$30 day \$190 per wk. Ph. 235-8698

WAIKIKI vacation and long term condos year round, Studio, 1 & 2 bdrm. units, reas. rates. Lee Greenbaum Realty 523-9406

LANIKAI (Kailua) nr. beach, exp. nice 1 bdrm./garden apt., TV, priv. 3 ok 262-5445

LANIKAI beachfront cottage \$35 per day, beautiful private setting. 261-9567

KAILUA lovely new cottage w/pool 1/2 block to beach \$300 per wk. 261-6834

**98 RENTALS WANTED**  
PROFESSIONAL couple w/3 children seeking 3 or 4 bdrm. home-Kaneohe area, up to \$750 mo. Call 235-8777 evens.

RESP. unlv. prof. & family needs clean 3/4 bdrm., 2 ba. house, 10 wks. beg. 6/1. Kailua/Kaneohe. Will maintain yd. Richard Johnson, Box 1481, Silver City, N.M. 88062 (505) 388-4120

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VA FORECLOSURES - Low dn. pymt. w/min. closing expenses. Investors & non-veterans. Let me show you the tax advantages. Ph. Jim Watson (R) for further info. 623-4426, 487-0000. HAWKINS & ASSOCIATES, INC.

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**119 COMPUTERS**  
AMIGA Owners! Lets get together and talk software. Call Chris 872-8129

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**FOR BEGINNING ADULTS**  
**4 WEEKS OF INSTRUCTION**  
**ONLY \$16<sup>00</sup>**

INCLUDES ALL MATERIALS

Make use of this great opportunity now! You don't have to know any music, and you don't have to own an organ. Private practice facilities available. The instructors are well-known professional music teachers with many years of experience in class-instruction. We must limit class sizes, so call in your reservation now!

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BALDWIN PIANO AND ORGAN CENTER

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Dedicated to everything that will put you in tip-top shape and feeling great, this timely new guide will run with the best every Wednesday in MidWeek and Thursday in Sun Press. With A Fit & Healthy You, you'll receive a wealth of information, plus a listing of all the products and services just waiting for the chance to redo you!

**A FIT & HEALTHY YOU**  
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TILT	ROS	LATUM	CHEESE
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	ISONE	ARITA	ESET
ESPIED	KISSING	GAWME	EAT
ENCASE	PINE	RAKE	GERE
SCORE	BETE	WHITE	MOXIE
CLUE	ALEE	THEME	COUPON
HOR	TOPDRAWER	MAIDEST	
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**120 FURNITURE**  
QUEEN bed, headboard, dresser, Pink dresser & desk, Barbie house & pool. Call 623-0562

MATCHING 5 piece living room set green plaid & shelving, \$400; 5 piece dining set, maple, like new. \$300. Ph. 254-5518

ANTIQUE china cabinet, 1920's, good condition. \$250/offer. 235-1196

J.C. PENNEY single bed, \$75/offer. Sears crib, like new. \$45. Call 623-3738

**120 FURNITURE**  
FOR Sale: Brass Bed, Furniture, TV, Microwave and more. Call 247-1581 evens.

BEAUTIFUL Danish solid teak dining table, excel. cond., 42x63 extends to 102. \$1300 value for \$550. Evens. 949-3880

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**FREE PICKUP \$ CASH \$**  
for good used furniture.  
Rattan, wicker & beds.  
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CURLY Koa executive desk, double pedestal \$3000. Ask for Jess. 531-6985.

SEARS queen bed & frame, good cond., \$200/offer. Ph. 239-6575 before 4:30 p.m.

**FURNITURE WANTED TOP CASH \$\$\$**  
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RATTAN - Beautiful 5 pc. living rm. set \$485; rattan dining set, \$275. All New. Call 734-1554

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Formica Top Oak Desk ..... \$45  
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Also Buffets, Servers, Tables, Chairs, Sofas, Lamps, Mirrors and much more!  
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CUSTOM super king size electric adjustable bed w/dual vibrating motors, 1 yr. old. Excl. cond. Was \$2600, must sacrifice for \$900. Phone 282-7333

TOP Quality Low Prices at NIMITZ USED FURNITURE 3185 No. Nimitz Hwy. 834-1080  
Between Holiday Inn & Cutler Dodge Open Mon.-Fri. 9 to 6, Sat. 9 to 5, Sun. 10 to 4 Closed Easter Sunday

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**NEW 86 1/2 STD P/U**  
ONLY **\$6495**



Fuel injected 2.4 liter Naps 2 engine 6 speed  
Double wall cargo bed

STK # 11539  
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7.7% ANNUAL PERCENTAGE RATE  
48 MONTHS MAXIMUM TERM

**NEW 86 1/2 DLX 4x4**  
ONLY **\$9295**



5 speed, p/s, 4 WD, fuel injected 2.4 liter  
Naps 2 engine, double wall cargo bed &  
tinted glass.

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**ANNOUNCING THE NEW 1987 NISSAN**

**SENTRA'S STANZA'S & MAXIMA'S HERE NOW FOR IMMEDIATE DELIVERY\***

**ALL NEW 86 1/2 NISSAN HARDBODY PICKUPS WITH 4 & 6 cyl. MODELS AVAILABLE**

**NEW! 86 SENTRA 4DR DELUXE**  
ONLY\* **\$153<sup>5</sup>** PER MO



4 dr., 5 speed, p/s, radial tires.  
tinted windows, AM/FM stereo radio & more!

TOTAL PRICE \$6,995

STK #11338  
#11340  
DEF. \$9,960\*\*

**NEW 86 SENTRA S/W DELUXE**  
ONLY\* **\$165<sup>6</sup>** PER MO



5 speed, power steering, AM/FM stereo  
radial tires, tinted windows & more!

TOTAL PRICE \$7,495

STK #11290  
#11645  
#11294  
DEF. \$10,684\*\*

**NEW 86 PULSAR NX**  
ONLY\* **\$175<sup>2</sup>** PER MO



5 speed, AM/FM stereo, tinted windows, tilt  
wheel, raised white letter radial tires.

TOTAL PRICE \$7,895\*\*

STK #11190, #11401  
DEF. \$11,269\*\*

**USED CAR VALUES**

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'71 VW BUG 4 cyl., auto. Lic. ANZ 908 <b>\$495</b>	'82 CHAMP 2 DR. 4 cyl., 4 speed Lic. BUC 636 <b>\$2495</b>
'77 OLDS DELTA 88 2 dr., 8 cyl., auto, p/s Lic. BSV 619 <b>\$795</b>	'82 SUZUKI JEEP 4x4, 4 speed Lic. B6C 4983 <b>\$2595</b>
'71 SKYLARK 2 dr., 8 cyl., auto, p/s Lic. ACG 560 <b>\$995</b>	'80 CUTLASS SALON 2 dr., 8 cyl., auto, p/s Lic. C7W 638 <b>\$2695</b>
'79 SUZUKI JEEP 4x4 4 dr., 4 cyl., 5 speed Lic. MEW 355 <b>\$995</b>	'81 DATSUN 210 4 dr., 4 cyl., 5 speed Lic. MEW 355 <b>\$2695</b>
'78 COUGAR XR7 2 dr., 8 cyl., auto, p/s Lic. BCE 731 <b>\$1495</b>	'83 CHEVY CAVALIER 2 dr., 4 speed, p/s, n/c Lic. CCC 109 <b>\$3695</b>
'79 FAIRMONT 9/W 6 cyl., auto, p/s Lic. BPT 650 <b>\$1995</b>	'83 CAPRI 2 dr. hatch, 4 speed p/s, n/c, sunroof Lic. AVC 173 <b>\$3695</b>
'79 MONTE CARLO 6 cyl., auto, p/s Lic. BPT 618 <b>\$1995</b>	'83 FORD RANGER XL 4x4, 4 speed, stereo, mag. Lic. BSE 707 <b>\$6195</b>

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**120 FURNITURE**

PARADISE USED FURNITURE, 6 drawer dressers & maple desks \$75 up. 320 Ulunui St., Kailua 261-8492

SOFA & chair \$150; picnic table \$10; stereo \$20; butcher block kitchen table & chairs \$100. Call 254-4855

**126 MISCELLANEOUS**

It's easy to charge it. Visa/MasterCard pays for MidWeek (Sun Press) Classified. 235-7535 or 235-5881

WANTED: sliding glass door & frame or air conditioner. any size. Call 488-2049

SEWING machine Bernina, top rated brand, has free arm, makes buttonholes, sews stretch, overcast, monograms, like new. Sacrifice \$228. Call 487-2322 Dir.

SUSPENDED Bookcase, many bks., Christian tapes, 13" TV, dishes & misc. 456-7860.

MAYTAG washer \$100; baby bed \$100; stroller \$20; car seat \$45; walker \$30. Call 254-2077

21.9 CU. FT. refrig.; washer/dryer; IBM typewriter. Best offer. 10 spd. \$95; crib w/mattress \$65, like new. 623-5037

TRIPLE wall unit \$110; desk \$30; dining table \$65. Ph. 836-4622

'85 RAINBOW Vacuum. Cost \$900. Must sell \$350. Call 735-2055 or 923-7943

KING size waveless waterbed mattress \$80; washer & dryer \$200. Call 254-1846

1 10-IN. table saw, \$150; 1 10-in. radial saw. \$225; 1 10-speed bike, \$20. 262-8544

NAME BRAND GROCERIES SAVE 25%-40% Over Local Prices. Delivered to your door! No freight, no taxi! Call Jerrie or Cliff at 833-7323.

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VIKING sewing machine, made in Sweden has free arm, monograms, buttonholes. Overcast, sews stretch, like new. Must sell \$128. Call 487-2322 Dir.

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INDUSTRIAL single needle & sew serge. 5 thread, 1 yr. old. \$1200. Ph. 621-0204

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DESK, \$50; dresser, \$50; computer, \$420; here equip. 75 Fiat. \$350 Eric 456-2903

ELECTROLUX vacuum w/shampooer. Cost \$1350. Must sell \$400. Call 455-9374

'85 FILTER Queen Vacuum cleaner. Cost \$850. Must Sell \$250. 735-4651, 922-5213

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**129 STEREO & TV'S**

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NEC 300 surround sound processor, polk 5UR SKRS, Sony subwoofer, offer. 487-5072 evs., 471-3084 days, Billie

**130 ANTIQUES**

WINDWARD Antiques. Buy Sell Trade. Wanted: American Indian Baskets. Call 262-5526. 160 Hamakua Dr. Kailua

**136 MISCELLANEOUS WANTED**

CASH paid for water beds, dead or alive. Parts, accessories. 696-5788

BARBIE dream house w/or w/o furniture before April 5th. 262-7713

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24' NOVA Wellcraft two 302 engines w/ Mercruiser outdrive. Pleasure/fishing \$7500 or sell engines & outdrive separately 737-6210, 847-4202

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48' MOODY Classic sloop-world cruiser. Many extras. Asking \$54,000. Terms possible or trade for 7 Call 947-4580

124 w/trailer, new racing main sail & genoa, new rigging, good class boat racer. \$10,000. Ph. 449-2200; 946-4475.

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'86 CUSTOM Windsurfing sails \$360 to \$250. Call Peter 261-4837

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**148 LAWN & GARDEN**

BLOOMING White Cattleya Orchids & White Honohono Orchids. Ph. 247-1147 after 6 pm.

**151 PET SUPPLIES SALES & SERVICE**

BOARDING dogs and birds only in my kennels. AKC German Shepherd pups, shots, wormed, guaranteed. 263-4350

**156 AUTO PARTS/SERVICES**

PORSCHE Auto Parts — New & Used. Call for low prices. 836-8876

VOLKSWAGEN 1600 squareback motor with dual carbs. Call 254-6234

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'83 SUZUKI moped, excl. cond. \$220 Call 254-2167

**174 RENT-A-CAR**

AIRPORT Used Car Rental Used Cars \$12.95/day, \$79.95/week. Airport 833-4997 or Waikiki 923-1966

**175 VANS, CAMPERS, JEEPS**

72 OPEN road 22 foot camper one ton Chevy chassis perfect for dihard!! "Tailgate" hut has stove, shower head needs work - \$750/offer. 524-1696

75 CHEVY Step Van 6 cyl., 4 spd. Excl. body! \$2500/offer. 467-8310.

'81 FORD Econoline 150 Van. V6, auto., excl. cond. \$4500. Call 247-8110

'81 JEEP SCRAMBLER 4x4, good cond. \$5400/offer. Call weekdays before 4:30 538-1552

'82 FULLY Custom GMC Vandura Comes w/4 plush, captain chairs, carpeting, mag wheels running boards, CB, AM/FM cassette stereo 250-6 cylinder eng and much more. 32,000 mi. \$11,500/best offer 498-1366 Serious inquiries only.

'83 VAN, 7 passenger, good condition, deluxe model, \$6000, 882-5645 evs.

**176 AUTOS FOR SALE**

'83 FORD E150 LONG CARGO VAN 6 cyl. auto, a/c, low mi. \$7400

'82 FORD E250 XL 12 PASSENGER CLUB-WAGON auto, air conditioning \$3750

'82 PLYMOUTH VOYAGER 15 PASSENGER VAN V6, auto, air cond. \$4200 takes in '84 THOMAS BULLY 25 PASSENGER BUS V8, auto, p/s, like new! CALL HERB 848-1411

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**1986 MONTE CARLO SPORT COUPE** 2 dr., AT, PS, PB, etc. 5755 **\$10,488\***

**'81 Chevy Chevette** 3 dr., 4 spd., PS 80Y954 **\$1,287**

**'83 Ford Futura** 2 dr., 5 spd., AT, PS 724029 **\$2,887**

**1986 CHEVY Z-28** V8, 5 spd., PW, power door locks, AC. Stk. 5875 **\$13,388\***

**'83 Escort Wagon** AT, PS, AC, roof rack, B50 708 **\$2,878**

**'70 Triumph TR6** Conv't., 6 cyl., 4 spd. CBP572 **\$3,879**

**'80 Olds Toronado** Loaded with the stars. CAX106 **\$2,987**

**'83 Ford EXP** 3 dr., 5 spd., PS. CB0207 **\$2,847**

**'81 Cutlass Supreme** 4 dr., all power. CA1956 **\$4,767**

**'83 Chevy Chevette** 4 dr., AT, PS, AC. MHP455 **\$2,687**

**'84 S-10 4x4 Blazer** Tahoe V6, AT, loaded. B9W984 **\$11,388**

**'83 Dodge Ram 50** 4 spd., AM/FM tape. B0Z778 **\$3,988**

**'83 Isuzu Pickup** Deluxe, excl. AT, PS. 477C8 **\$3,988**

**'84 Vanagon 7 Pass.** 102.5 cu ft. AT, AM/FM tape. B9P938 **\$9,988**

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**1986 CHEVY ASTRO 8 PASS. VAN** Air, V6, AT, loaded! LT5557 **\$13,688\***

**1986 CHEVY K-10 4x4 P'UP** V8, AT, radio + opt. LT5733

**1985 TAHOE S-10 BLAZER** Air, V6, AT, loaded! LT5045 **\$13,688\***

2999 N. NIMITZ HWY. One Block Ewa of Lagoon Drive  
**836-1222**

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**JJN CHEVROLET MAZDA**

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**The Rebel™ Now In Stock**  
only **\$1,233.00!**

Plus! **HONDA MOPEDS**

**SPREE 50** only **\$498.00** plus tax & license

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NEW Shave Ice Machine. Soybean/Rice Milk Grinding Machine. Dehydrator. Sugar Cane Juice Pressing Machine. Commercial & Home Sale/Rental/Delivery. 942-7558 Daily

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72' ATLANTIC MARINE Fishing Vessel "Cape Mala" Eqp. for swordfish/longliner/packer, 343 Cat Main. 30KW generator, 2 GM auxiliaries, lots of spare parts/eqpt. Finance package avail. if qualified. **524-4733, (805) 528-6198**

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1980 KAWASAKI 440LTD excl. condition. Storage for 3 years. Call anytime 262-0613 or leave message 262-9054 \$900

'83 YAMAHA YZ80, good cond. \$600/offer. 623-2265 Stanley

'86 HONDA Shadow 500cc. Helmet & cover incl. 3 mos. old \$2500/offer. 839-2464

**170 MOPED SALES & SERVICE**

'83 SUZUKI moped, excl. cond. \$220 Call 254-2167

**174 RENT-A-CAR**

AIRPORT Used Car Rental Used Cars \$12.95/day, \$79.95/week. Airport 833-4997 or Waikiki 923-1966

**175 VANS, CAMPERS, JEEPS**

72 OPEN road 22 foot camper one ton Chevy chassis perfect for dihard!! "Tailgate" hut has stove, shower head needs work - \$750/offer. 524-1696

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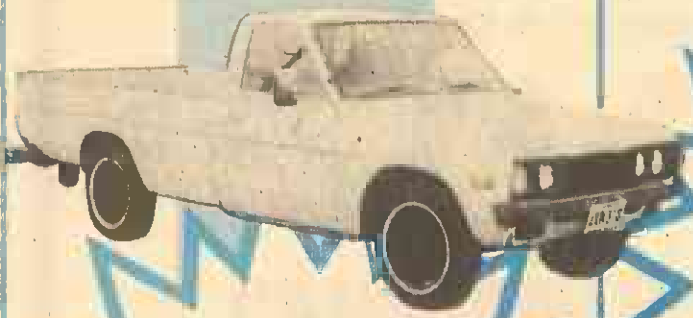
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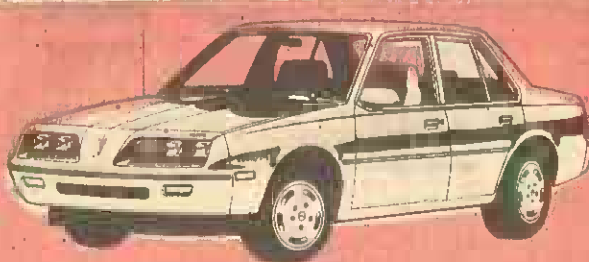
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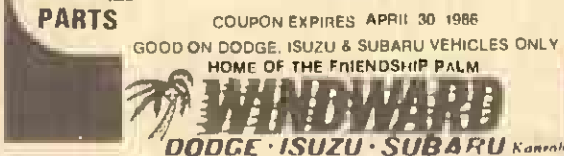


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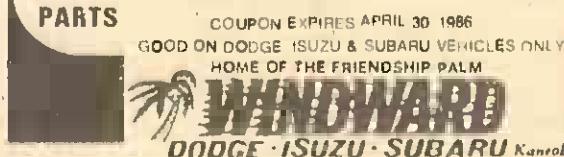


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